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PHYSICAL READINESS AND LIFESTYLE HABITS AMONG U.S. NAVY PERSONNEL DURING 1986, 1987, AND 1988

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Physical Readiness and Lifestyle Habits Among U. S. Navy Personnel
During 1986, 1987, and 1988

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EXECUTIVE SUMMARY

PROBLEM

In recent years, the Navy has emphasized the need for active promotion of healthful lifestyles and reduction of health risks. Navy health promotion initiatives have also called for ongoing evaluations to assess progress toward program goals and the effectiveness of health promotion efforts. Thus, a 5-year Navy-wide longitudinal evaluation of factors related to health and physical readiness was launched in 1986.

OBJECTIVE

The purpose of this report is to provide descriptive findings from the first three years of this Navy-wide longitudinal study.

APPROACH

Physical readiness data and lifestyle information were collected during 1986, 1987, and 1988 from randomly selected Navy personnel. The total number of participants who provided any data during 1986 through 1988 was 8,308 (7,363 men and 940 women). Two types of statistical analyses were done: between-person analyses of variance (ANOVA) to assess mean differences between subgroups, and within-person multivariate analyses of variance (MANOVA) to assess changes over time.

RESULTS AND CONCLUSIONS

Results were grouped into thirteen content areas: (1) Demographics, (2) Risk Factors and Body Composition, (3) Physical Readiness Test, (4) Weight History, (5) Current Physical Activity, (6) Substance Consumption, (7) Health Attitudes and Behaviors, (8) Physical Symptoms Checklist, (9) Eating Habits and Nutrition, (10) Values Regarding Health and Fitness, (11) Health Promotion Programs, Activities, and Attitudes, (12) Miscellaneous Command-Related Items regarding support of the HAPR Program, and (13) Perceptions of Life Quality, including two items on job stress and three items related to anger. Data were presented for the overall sample as well as for several important subgroups (i.e., men versus women, officers versus enlisted personnel, different age groups, groups with different lengths of naval service, and the four primary communities-land, surface, submarine, and air). Results were summarized from two perspectives: cross-sectional findings and longitudinal changes.

A. Cross-Sectional Findings

Using current Navy standards, approximately 6% of personnel would be classified as "overfat" and another 4% as "obese." This indicates that Navy members on the whole are leaner than similarly aged U. S. civilians. Men performed somewhat better

than women, officers better than enlisted, and younger people better than older people on the PRT. Navy members reported expending about 2,600 kilocalories per week in exercise activities, primarily walking, running, calisthenics, and weight lifting

About 60% of Navy personnel reported drinking alcohol during the previous week. About 15-17% of Navy personnel said they used smokeless tobacco, and 18-19% said they smoked cigars or a pipe during the last 12 months. In 1988, the percentage of personnel who said they had smoked one or more cigarettes during the last 30 days was 44%. Over 80% of participants reported that others smoked around them in their work environment. Women, officers, and older individuals were more likely than their counterparts to engage in positive health behaviors. Officers and women also tended to have better eating habits than enlisted personnel and men. About 12% of all personnel reported that a doctor had at some time told them that they had high blood pressure.

Overall, people felt that top levels of the command were supportive of the HAPR Program, though the support was not perceived as strong. Also, people generally did not believe that physical fitness and weight standards were applied equally across all ranks. Officers and women perceived somewhat less time and opportunity to exercise than did enlisted personnel and men. Officers consistently rated health and fitness as more important than did enlisted personnel. Individuals who had been in the Navy longer reported higher life quality than those who had been in the Navy fewer years.

B. Longitudinal Changes

Three-year trends from this Navy-wide longitudinal study indicated substantial stability in physical readiness and lifestyle attitudes and behaviors. However, there were a fair number of small, but statistically significant, changes from 1986 to 1988 in both physical readiness and lifestyle behaviors in the direction of improved physical fitness and more healthful lifestyles. For example, muscular endurance (indicated by sit-ups and push-ups test performance) increased slightly; total kilocalories expended in exercise activities increased somewhat; caffeinated coffee and cola consumption, alcohol consumption, and the percentage of smokers decreased slightly. Several other health-related behaviors showed small improvements (e.g., wearing a seat belt; seeing a doctor for regular checkups); and there were small improvements in dietary behaviors (e.g., decreased consumption of saturated fats and fried foods, with increased consumption of lower-fat and higher-fiber foods). Data to be collected in the fourth and fifth years of this longitudinal study will be important for determining whether these trends in the direction of improved fitness and health behavior continue.

INTRODUCTION

The Department of Defense (DoD) has identified health promotion efforts as a method of enhancing military readiness and the quality of life of DoD personnel (DoD DIRECTIVE 1010.10, "Health Promotion," 11 March, 1986). Within the Department of the Navy (DoN), vigorous health promotion efforts have emphasized the need for healthful lifestyles and reduction of health risk factors. These efforts began in the early 1980's when the Office of the Chief of Naval Operations promulgated OPNAVINST 6110.1B (and subsequently OPNAVINST 6110.1C) creating the Navy's Health and Physical Readiness (HAPR) Program. This program established minimum standards for physical fitness and weight control and emphasized the need for all Navy personnel to participate in lifestyle behaviors which promote good health. Current health promotion efforts focus on seven primary program elements: (a) smoking prevention and cessation, (b) physical fitness and sports, (c) back injury prevention, (d) nutrition education and weight/fat control, (e) stress management, (f) alcohol and drug abuse prevention, and (g) hypertension screening, education, and control (SECNAVINST 6110.5 of 17 September 1986).

The Navy's health promotion initiatives have also called for ongoing evaluations of program efforts to assess progress toward program goals and effectiveness of the health promotion efforts. A 5-year Navy-wide longitudinal evaluation of factors related to health and physical readiness was launched in 1986. The purpose of this report is to provide descriptive findings from the first three years of this Navy-wide longitudinal study. Physical readiness data and "lifestyle" information collected during 1986, 1987, and 1988 from randomly selected Navy personnel are presented. The physical readiness data are based on the Navy's standard Physical Readiness Test (PRT) and the lifestyle data are based on a self-report questionnaire developed at the Naval Health Research Center (NHRC). The lifestyle questionnaire included a broad range of background, behavioral, and attitudinal/psychological items potentially relevant to health and physical readiness. Findings provided in this report can be useful in three primary ways: (a) they indicate longitudinal (i.e., 3-year) trends in factors related to health and physical readiness, (b) they provide a benchmark for longer-term assessment of progress toward the enhancement of healthful lifestyles and reduction of health risks, and (c) they can be used to identify groups most likely to benefit from specific health promotion interventions.

METHOD

Participants

The total number of participants who provided any data during 1986 through 1988 was 8,303 (7,361 men and 942 women). The sample size varied from year to year for several reasons. First, some original participants from 1986 were no longer in the Navy during 1987 and 1988; others elected not to participate in later years or could not be located. Secondly, beginning in 1988, a supplemental group was randomly selected to increase the sample size for the continued annual monitoring of physical readiness and lifestyle behaviors among Navy personnel. For the purposes of this report, all available data are presented in the following tables to maximize the sample size and, thereby, increase the stability of the statistical estimates being made.

Demographic information (see p. 12) is provided for five slightly different groups: all participants at each of the three time periods, the longitudinal cohort who participated all three years (T1-T2-T3 Cohort), and the entire Navy during 1988 (if the information was available in the 30 September 1988 NAVPERS Annual Report, Navy Military Personnel Statistics). Relative to the Navy at large, the study sample slightly overrepresented older individuals, women, officers, and more highly educated personnel. This pattern was somewhat more pronounced for the T1-T2-T3 Cohort than it was at any given time period when all participants during that year were considered.

Overall, our sample was only slightly different from the Navy at large in basic demographic composition. However, because health behaviors are known to vary with sex, education, and socioeconomic status, a standard statistical weighting procedure was used to make our sample as representative as possible of the entire Navy. Three variables were used in the weighting procedure: sex, officer/enlisted status, and education.

Sample Selection

Selecting the sample was a two-step process. First, 119 command units (UICs) were randomly selected from approximately 5,000 existing in the Navy. Second, individuals were randomly selected from each of the 119 command units.

The 119 primary commands were selected using a stratification procedure based on command size. This ensured that the commands selected would appropriately represent the percentages of individuals at commands of varying sizes throughout the Navy. No units with fewer than 10 individuals were considered for selection—a sampling restriction which eliminated less than 1% of the Navy's total force. Of the 119

originally targeted units, nine were unable to participate the first year, one more dropped out the second year, and three more were unable to participate the third year.

No stratification procedures were judged necessary for selecting individuals within commands because of the large initial sample being drawn (over 5,000 individuals). Up to 60 individuals were randomly selected from each targeted command using March 1985 computerized personnel tapes from the Naval Military Personnel Command (NMPC). A check of the selected sample confirmed that the targeted percentages of men and women, officers and enlisted, different paygrades, ship versus shore duty, and different race/ethnic groups were basically equivalent to the Navy population at that time. Targeted sample percentages were within 0.7%, on the average, of the population percentages.

Because of the time lag between updating the personnel tapes used for selecting the sample and actually contacting commands to request information for specific individuals, some of the originally targeted participants were no longer at the participating commands. Thus, lists of randomly selected replacement individuals were provided to participating commands so that names could be selected from the replacement lists until approximately 50 individuals per command were identified for participation in the study. The total number of individuals requested from small commands (less than 60 people) was proportionately less.

For the second and third years of the study, NMPC's computerized personnel tapes were used to track as many of the originally targeted participants as possible. Some of the original participants had already left the Navy. However, for those individuals found on the master personnel files, letters were sent to their commands requesting continued participation in the study. Additionally, for the third year of the study, a supplemental group was randomly selected from the primary UICs using NMPC's computerized personnel tapes. This was done to increase the study's sample size, which was shrinking because of individuals leaving the Navy or electing not to participate further in the study.

Physical Readiness Test (PRT) Data

Results of the Navy's required PRT were requested for all targeted participants. These results consisted of a health risk factor checklist (not available for 1986), a percent body fat measure, and both raw scores and classification ratings for the 1.5-mile run, the 2-minute sit-ups test, the 2-minute push-ups test (not available for 1986), and the sit-reach flexibility test. These results are presented in two sections of

this report: (a) Risk Factors and Body Composition, and (b) Physical Readiness Test.

There are several difficulties in comparing PRT performance during 1986 relative to 1987 and 1988. OPNAVINST 6110.1B (along with OPNAVNOTE changes) was in effect during the first year (1986) of the Navy-wide longitudinal study, whereas OPNAVINST 6110.1C became effective prior to data collection for the second year (1987) of the study. Some of the tests and the standards changed in these two instructions, which affected the comparability of the PRT measures; therefore, analysis of changes over time are not possible for all PRT variables.

Changes effected by 6110.1C included the following: (a) modified procedures and equations for estimating percent body fat, including the addition of height for both men and women, and new sites for taking circumference measurements for women, (b) addition of a push-ups test, and (c) changes in the classification standards (i.e., eliminating the "minimum" fitness category, changing the age categories for making age-adjusted performance ratings, changing the cutoff values for all the classification categories, eliminating the percent body fat classification and dropping it from the overall classification rating, and replacing the averaged classification scores with a point system). Thus, the only PRT measures which could be compared from 1986 to 1987 and 1988 were the raw test scores for the 1.5-mile run, sit-ups, sit-reach, and men's percent body fat. However, it should be kept in mind that changes in the classification categories could also affect the raw-score comparisons because some individuals might perform just enough to meet the minimum requirements for a certain classification category (e.g., stopping at 40 sit-ups if that is the minimum required for a given age/sex category).

Lifestyle Questionnaire Data

The lifestyle questionnaire included a broad range of items assessing a variety of health- and fitness-related behaviors, attitudes, values, and perceptions. The specific variables examined in this report are grouped according to eleven questionnaire areas: (a) Demographics, (b) Weight History, (c) Current Physical Activity, (d) Substance Consumption, (e) Health Attitudes and Behaviors, (f) Physical Symptoms Checklist, (g) Eating Habits and Nutrition, (h) Values Regarding Health and Fitness, (i) Health Promotion Programs, Activities, and Attitudes, (j) Miscellaneous Command-Related Items concerning support of the HAPR Program, and (k) Perceptions of Life Quality, including two items on job stress and three items related to anger.

Statistical Procedures

The findings briefly highlighted as "bullets" at the beginning of each major section of tables are based on the significant results of two types of statistical analyses:

(1) Between-group ANOVAs: Four-factor between-person analyses of variance (ANOVA) were done to assess mean differences between subgroups (e.g., men versus women, officers versus enlisted, different age groups, and different lengths of time in the service). Because changes over time were not a concern for these comparisons, the dependent variables (i.e., PRT scores or questionnaire items) were averaged over the three years of data (or two years if an item was new to the PRT in OPNAVINST 6110.1C or new to the 1987 revision of the lifestyle questionnaire). In this procedure, the total sample size was maximized by allowing individuals with one or more valid scores during 1986, 1987, or 1988 to be included in the analysis (in contrast to the longitudinal within-person analyses which required complete data for each individual for all three years). The sample size was typically over 5,000 for these analyses.

Differences related to community (i.e., air, surface ship, submarine, and shore commands) could not be assessed as part of the multifactor ANOVAs described above because many individuals change community from one time period to the next. Thus, a subsample of individuals who had not changed commands during the course of providing data for the study was identified. Simple one-factor ANOVAs, with the dependent measures averaged over time as described above, were then used to assess community differences.

(2) Within-person MANOVAs: One-factor within-person multivariate analyses of variance (MANOVA) were done to assess changes in the dependent variables (i.e., PRT scores or questionnaire items) over all three years--1986, 1987, and 1988. Because complete data for each individual for all three years (or two years if 1986 was excluded because of changes) was required in these analyses, the T1-T2-T3 longitudinal cohort sample was used. Thus, the sample size for these analyses was markedly reduced, typically ranging from 400 to 500 individuals.

Findings Presented in This Report

Brief highlights of the findings are presented at the beginning of each major section, followed by tables which summarize the responses made for selected PRT or questionnaire items. Descriptive results for each variable are presented for the entire group, then broken down by subgroups based on sex, officer/enlisted status, age, time in service, and community. Note that percentages given in the tables may sum to 99% or

101% because of rounding to whole numbers. Also note that when a "." occurs in place of a percentage, it generally means that no people were in that given cell; 0% in a cell actually means that at least one individual was represented in the cell, but that the percentage was less than 0.5% of the total. Dashes (and sometimes periods for 1986) were used in the tables to signify that the data were not available or were inappropriate for a given cell.

There are several important caveats for interpreting any apparent subgroup differences or changes over time. The reader examining tables should bear in mind that some seemingly sizable differences in percentages or mean levels may not represent statistically significant or practically significant group differences. Also, the values in tables are based on all individuals with data for a given year, and sometimes what appears to be a sizable change between years may be due to changes in the sample of individuals responding. Additionally, the "bullet" highlights represent primarily a descriptive summary of prevalence rates and group averages. However, the influence of intercorrelations among the dependent variables and/or the effects of other relevant subgrouping variables which are not considered here could have an important impact on conclusions drawn from the findings presented. Thus, apparent group differences or changes over time which are highlighted in the sections prior to the tables might not hold true when other variables are controlled in more rigorous, multivariate statistical analyses. The reader should, therefore, interpret all findings cautiously and conservatively.

DEMOGRAPHICS

DEMOGRAPHICS

- o Demographics varied slightly from year to year for several reasons: attrition from the study, missing data, addition of new participants during 1988, and naturally occurring "longitudinal" effects (e.g., increasing age, real changes in education and community, changes from enlisted to officer status, etc.).
- o Statistics given for the T1-T2-T3 Cohort are based on the most current data (i.e., 1988).
- o At the start of the study, average age of participants was about 28 years.
- o Initially, 89% of participants were male, 11% were officers, 96% had 12 or more years of education, and 80% were Caucasian.
- o At the beginning of the study, participants had been in the Navy about eight years. Considering UIC assignments that could be classified according to one of the four primary communities, 58% were assigned to shore commands, 32% assigned to surface ships, 5% to air commands, and 5% to the submarine community.

**Demographic Statistics for All Respondents
at Each Year, the Longitudinal Cohort, and the Total Navy**

	<u>Time 1 (1986)</u>	<u>Time 2 (1987)</u>	<u>Time 3 (1988)</u>	<u>T1-T2-T3 Cohort</u>	<u>Navy (1988)</u>
AGE (years)					
Mean	28.0	29.8	29.4	32.4	27.0
SD	7.0	7.2	7.3	6.9	.
Range	17-59	17-55	17-56	20-54	17-65+
N	5030	2854	4205	514	608,102
SEX (percent)					
Male	89	88	87	85	91
Female	11	12	13	15	9
N	5084	2926	4272	516	605,681
RANK (percent)					
Officer	11	14	15	20	12
Enlisted	89	86	85	80	88
N	5057	2914	4198	516	605,681
EDUCATION (percent)					
<12 yrs	4	2	1	1	6
12 yrs	64	51	51	45	73
>12 yrs	32	47	48	54	21
N	2834	1993	2853	479	600,272
RACE (percent)					
White	80	79	80	88	.
Black	11	11	12	8	.
Other	9	10	8	4	.
N	2750	2134	3057	510	.
COMMUNITY (percent)					
Air	5	7	5	7	.
Surface	32	25	28	23	.
Submarine	5	7	4	4	.
Shore	58	61	63	65	.
N	5084	2717	2625	429	.
TIME IN SERVICE (years)					
Mean	8.1	9.8	9.6	11.8	6.9
SD	6.3	6.6	6.6	6.3	.
Range	<1-35	<1-35	<1-35	<1-32	<1-35+
N	2730	2043	2879	490	606,147
MARITAL (percent)					
Married	.	63	61	70	.
Living as married	.	2	3	2	.
Sep/Wid/Divorced	.	9	9	11	.
Single	.	25	28	17	.
N	.	2141	3058	510	.

Breakdown of Demographic Variable: AGE (years)

	<u>Yr.</u>	<u>Mean</u>	<u>SD</u>	<u>N</u>	<u>Range</u>
<u>Overall</u>					
	1986	28.0	7.0	5031	17-59
	1987	29.8	7.2	2854	17-55
	1988	29.4	7.3	4205	17-56
	COHORT	32.4	6.9	514	20-54
<u>Sex</u>					
Male	1986	28.2	7.2	4490	17-59
	1987	30.0	7.3	2506	17-55
	1988	29.6	7.4	3676	17-56
	COHORT	32.6	7.0	436	20-54
Female	1986	26.9	5.3	541	18-47
	1987	28.9	5.7	346	19-48
	1988	28.4	6.1	528	18-50
	COHORT	31.0	5.8	78	22-48
<u>Rank</u>					
Officer	1986	34.8	6.8	577	21-59
	1987	36.0	6.8	395	22-55
	1988	35.9	7.1	615	20-56
	COHORT	37.2	6.6	104	25-52
Enlisted	1986	27.2	6.5	4427	17-58
	1987	28.9	6.7	2444	17-54
	1988	28.5	6.7	3514	17-54
	COHORT	31.2	6.4	409	20-54
<u>Age</u>					
< 20 yrs.	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
20-24	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
25-29	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--

Breakdown of Demographic Variable: AGE (years) -- continued

	<u>Yr.</u>	<u>Mean</u>	<u>SD</u>	<u>N</u>	<u>Range</u>
30-34	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
35+	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
<u>Time in Service</u>					
< 3 yrs.	1986	22.1	3.6	615	17-47
	1987	21.6	3.7	193	17-40
	1988	21.9	3.4	440	17-36
	COHORT	24.8	5.7	8	20-34
3-10	1986	26.0	3.7	1296	18-46
	1987	26.3	4.0	973	20-47
	1988	26.7	3.9	1253	19-53
	COHORT	27.2	3.7	226	20-40
11-20	1986	35.0	4.0	671	27-49
	1987	34.9	4.1	687	27-49
	1988	34.9	4.3	941	27-55
	COHORT	35.4	4.4	203	27-48
> 20	1986	43.3	4.1	147	34-59
	1987	43.7	4.2	147	22-55
	1988	43.4	4.4	218	19-56
	COHORT	43.8	4.7	52	27-54
<u>Community</u>					
Land	1986	29.1	7.3	2908	17-59
	1987	30.8	7.4	1620	17-55
	1988	30.6	7.5	1608	17-56
	COHORT	33.0	7.1	278	20-54
Surface	1986	26.1	6.1	1625	18-56
	1987	28.0	6.4	652	19-49
	1988	27.5	6.8	729	18-48
	COHORT	31.6	6.7	99	20-48
Sub	1986	26.3	5.3	256	19-44
	1987	30.0	5.2	187	19-44
	1988	26.9	5.6	110	18-45
	COHORT	30.6	5.4	17	22-43
Air	1986	29.5	6.9	242	19-56
	1987	29.9	6.7	182	20-50
	1988	30.8	6.3	118	20-51
	COHORT	31.8	5.6	32	23-43

Breakdown of demographic variable: SEX (percent Male/Female)

	<u>Yr.</u>	<u>%</u>		<u>N</u>
		Male	Female	
<u>Overall</u>				
	1986	89	11	508
	1987	88	12	2926
	1988	87	13	4272
	COHORT	85	15	516
<u>Sex</u>				
Male	1986	--	--	--
	1987	--	--	--
	1988	--	--	--
	COHORT	--	--	--
Female	1986	--	--	--
	1987	--	--	--
	1988	--	--	--
	COHORT	--	--	--
<u>Rank</u>				
Officer	1986	85	15	582
	1987	82	18	407
	1988	83	17	624
	COHORT	75	25	104
Enlisted	1986	90	10	4475
	1987	89	11	2504
	1988	88	12	3570
	COHORT	87	13	411
<u>Age</u>				
< 20 yrs.	1986	93	7	220
	1987	99	1	77
	1988	88	12	191
	COHORT	.	.	.
20-24	1986	89	11	1748
	1987	87	13	710
	1988	87	13	1044
	COHORT	85	15	65
25-29	1986	85	15	1270
	1987	85	15	750
	1988	86	14	1106
	COHORT	81	19	137

Breakdown of Demographic Variable: SEX (percent Male/Female) -- continued

	Yr.	%		N
		Male	Female	
30-34	1986	88	12	821
	1987	86	14	572
	1988	85	15	817
	COHORT	84	16	123
35+	1986	95	5	972
	1987	92	8	743
	1988	91	9	1046
	COHORT	88	12	189
<u>Time in Service</u>				
< 3 yrs.	1986	89	11	615
	1987	90	10	195
	1988	82	18	446
	COHORT	100	0	8
3-10	1986	86	14	1296
	1987	84	16	996
	1988	85	15	1270
	COHORT	79	21	226
11-20	1986	93	7	671
	1987	90	10	697
	1988	91	9	944
	COHORT	89	11	205
> 20	1986	100	0	148
	1987	97	3	152
	1988	96	4	220
	COHORT	92	8	52
<u>Community</u>				
Land	1986	84	16	2934
	1987	83	17	1665
	1988	82	18	1629
	COHORT	77	23	279
Surface	1986	96	4	1648
	1987	95	5	665
	1988	93	7	737
	COHORT	95	5	100
Sub	1986	100	0	258
	1987	100	0	191
	1988	100	0	111
	COHORT	100	0	17
Air	1986	98	2	244
	1987	86	14	187
	1988	91	9	122
	COHORT	84	16	32

Breakdown of Demographic Variable: RANK (percent Officer/Enlisted)

	<u>Yr.</u>	<u>Officer</u>	<u>%</u> <u>Enlisted</u>	<u>N</u>
<u>Overall</u>				
	1986	11	89	5057
	1987	14	86	2914
	1988	15	85	4198
	COHORT	20	80	516
<u>Sex</u>				
Male	1986	11	89	4512
	1987	13	87	2560
	1988	14	86	3663
	COHORT	18	82	437
Female	1986	16	84	545
	1987	21	79	351
	1988	20	80	531
	COHORT	33	67	78
<u>Rank</u>				
Officer	1986	--	--	--
	1987	--	--	--
	1988	--	--	--
	COHORT	--	--	--
Enlisted	1986	--	--	--
	1987	--	--	--
	1988	--	--	--
	COHORT	--	--	--
<u>Age</u>				
< 20 yrs.	1986	0	100	219
	1987	0	100	77
	1988	0	100	162
	COHORT	.	.	.
20-24	1986	1	99	1739
	1987	1	99	706
	1988	1	99	1015
	COHORT	0	100	64
25-29	1986	11	89	1263
	1987	10	90	745
	1988	11	89	1098
	COHORT	9	91	137

Breakdown of Demographic Variable: RANK (percent Officer/Enlisted)
 -- continued --

	Yr.	%		N
		Officer	Enlisted	
30-34	1986	18	82	817
	1987	17	83	568
	1988	18	82	814
	COHORT	23	77	123
35+	1986	29	71	966
	1987	30	70	743
	1988	32	68	1040
	COHORT	33	67	189
<u>Time in Service</u>				
< 3 yrs.	1986	4	96	614
	1987	5	95	194
	1988	6	94	436
	COHORT	0	100	8
3-10	1986	10	90	1295
	1987	11	89	994
	1988	14	86	1269
	COHORT	15	85	225
11-20	1986	18	82	671
	1987	18	82	698
	1988	20	80	944
	COHORT	22	78	205
> 20	1986	32	68	148
	1987	38	62	152
	1988	41	59	220
	COHORT	44	56	52
<u>Community</u>				
Land	1986	15	85	2919
	1987	17	83	1658
	1988	20	80	1620
	COHORT	24	76	280
Surface	1986	4	96	1637
	1987	6	94	663
	1988	5	95	735
	COHORT	12	88	100
Sub	1986	7	93	257
	1987	8	92	190
	1988	8	92	110
	COHORT	6	94	17
Air	1986	17	83	244
	1987	22	78	187
	1988	31	69	122
	COHORT	19	81	32

Breakdown of Demographic Variable: **EDUCATION** (percent in category)

<u>Yr.</u>		<u>%</u>			<u>N</u>
		<12 years	12 years	>12 years	
<u>Overall</u>					
	1986	4	64	32	2834
	1987	2	51	47	1993
	1988	1	51	48	2853
	COHORT	1	45	54	479
<u>Sex</u>					
Male	1986	5	66	30	2528
	1987	2	53	45	1744
	1988	1	53	45	2491
	COHORT	1	49	49	405
Female	1986	1	50	49	306
	1987	0	33	67	247
	1988	0	36	64	361
	COHORT	0	22	42	376
<u>Rank</u>					
Officer	1986	0	7	93	325
	1987	0	3	97	304
	1988	0	3	97	304
	COHORT	0	3	97	102
Enlisted	1986	5	71	23	2507
	1987	2	59	39	1685
	1988	1	61	38	2352
	COHORT	1	56	42	376
<u>Age</u>					
< 20 yrs.	1986	15	83	2	110
	1987	2	91	8	66
	1988	4	91	6	121
	COHORT
20-24	1986	4	82	14	958
	1987	1	77	23	439
	1988	2	76	22	649
	COHORT	3	73	23	60
25-29	1986	5	61	34	722
	1987	2	52	46	494
	1988	1	51	48	742
	COHORT	3	57	42	129

Breakdown of Demographic Variable: **EDUCATION** (percent in category)
 -- continued --

	Yr.	%			N
		<12 years	12 years	>12 years	
30-34	1986	4	49	47	469
	1987	2	40	58	407
	1988	1	41	58	549
	COHORT	1	36	63	112
35+	1986	2	46	52	575
	1987	1	32	67	545
	1988	1	31	68	758
	COHORT	1	32	67	176
<u>Time in Service</u>					
< 3 yrs.	1986	5	74	20	601
	1987	1	73	26	184
	1988	3	71	27	414
	COHORT	25	50	25	8
3-10	1986	5	66	29	1278
	1987	1	56	42	919
	1988	1	52	47	1183
	COHORT	1	54	46	213
11-20	1986	3	53	43	660
	1987	2	39	58	650
	1988	1	42	57	875
	COHORT	1	42	58	190
> 20	1986	3	55	41	139
	1987	1	35	63	144
	1988	1	32	67	209
	COHORT	0	24	76	50
<u>Community</u>					
Land	1986	4	57	38	1585
	1987	2	47	51	1137
	1988	1	46	53	1493
	COHORT	0	42	58	257
Surface	1986	5	74	21	996
	1987	2	61	37	460
	1988	3	65	33	669
	COHORT	3	53	44	91
Sub	1986	0	75	25	122
	1987	0	58	42	114
	1988	0	56	44	99
	COHORT	0	50	50	16
Air	1986	4	61	36	131
	1987	1	44	54	138
	1988	1	35	64	113
	COHORT	3	47	50	32

Breakdown of Demographic Variable: RACE (percent in category)

	<u>Yr.</u>	<u>White</u>	<u>%</u> <u>Black</u>	<u>Other</u>	<u>N</u>
<u>Overall</u>					
	1986	80	11	9	2750
	1987	79	11	10	2134
	1988	80	12	8	3057
	COHORT	87	8	5	517
<u>Sex</u>					
Male	1986	79	11	10	2451
	1987	78	11	11	1869
	1988	80	12	8	2666
	COHORT	87	8	5	438
Female	1986	82	14	4	299
	1987	82	13	5	261
	1988	77	17	6	389
	COHORT	85	9	6	78
<u>Rank</u>					
Officer	1986	94	5	1	329
	1987	93	4	3	311
	1988	94	3	3	491
	COHORT	94	5	1	104
Enlisted	1986	78	12	10	2419
	1987	76	13	11	1818
	1988	77	14	9	2548
	COHORT	85	9	6	412
<u>Age</u>					
< 20 yrs.	1986	79	14	7	104
	1987	68	18	14	66
	1988	70	17	13	127
	COHORT
20-24	1986	77	14	9	921
	1987	78	15	7	472
	1988	74	17	9	699
	COHORT	72	14	14	65
25-29	1986	82	12	6	701
	1987	78	13	9	545
	1988	80	13	7	805
	COHORT	88	7	5	137

Breakdown of Demographic Variable: RACE (percent in category) -- continued

		<u>%</u>			<u>N</u>
<u>Yr.</u>		<u>White</u>	<u>Black</u>	<u>Other</u>	
30-34	1986	80	11	9	458
	1987	77	13	10	429
	1988	80	12	8	592
	COHORT	84	10	6	123
35+	1986	80	6	14	566
	1987	83	5	12	575
	1988	86	7	7	797
	COHORT	93	6	1	189
<u>Time in Service</u>					
< 3 yrs.	1986	76	14	10	580
	1987	70	19	11	194
	1988	73	15	12	445
	COHORT	20	50	25	8
3-10	1986	81	13	6	1243
	1987	80	12	8	991
	1988	80	13	7	1265
	COHORT	85	9	5	226
11-20	1986	82	7	11	642
	1987	80	9	11	693
	1988	84	10	6	941
	COHORT	89	9	2	205
> 20	1986	84	6	10	141
	1987	86	3	11	151
	1988	88	5	7	219
	COHORT	98	0	2	52
<u>Community</u>					
Land	1986	81	11	8	1549
	1987	79	12	9	1222
	1988	80	12	8	1596
	COHORT	86	9	5	280
Surface	1986	75	14	11	962
	1987	74	13	13	494
	1988	73	17	10	721
	COHORT	81	11	8	100
Sub	1986	96	1	3	114
	1987	96	2	2	122
	1988	87	6	7	104
	COHORT	88	0	12	17
Air	1986	86	4	10	125
	1987	76	8	16	144
	1988	84	5	11	121
	COHORT	94	3	3	32

Breakdown of Demographic Variable: **COMMUNITY** (percent in community)

	<u>Yr.</u>	<u>%</u>				<u>N</u>
		Air	Surface	Submarine	Shore	
<u>Overall</u>						
	1986	5	32	5	58	5084
	1987	7	25	7	61	2717
	1988	5	28	4	63	2625
	COHORT	7	23	4	65	429
<u>Sex</u>						
Male	1986	5	35	6	54	4536
	1987	7	27	8	58	2368
	1988	5	31	5	59	2241
	COHORT	8	27	5	61	354
Female	1986	1	11	0	88	548
	1987	8	9	0	83	340
	1988	3	13	0	83	358
	COHORT	7	7	0	86	74
<u>Rank</u>						
Officer	1986	7	12	3	78	582
	1987	11	10	4	75	379
	1988	9	10	2	78	404
	COHORT	7	14	1	78	85
Enlisted	1986	5	35	5	55	4475
	1987	6	27	8	59	2319
	1988	4	32	5	60	2183
	COHORT	8	26	5	62	344
<u>Age</u>						
< 20 yrs.	1986	0	17	1	82	220
	1987	.	4	1	95	77
	1988	.	37	1	62	117
	COHORT
20-24	1986	4	48	7	41	1748
	1987	6	39	13	41	761
	1988	4	43	7	46	621
	COHORT	9	36	4	52	56
25-29	1986	5	26	6	64	1270
	1987	8	21	8	63	694
	1988	5	23	5	66	670
	COHORT	5	18	6	71	101

Breakdown of Demographic Variable: **COMMUNITY** (percent in community)
 -- continued --

	<u>Yr.</u>	<u>%</u>				<u>N</u>
		Air	Surface	Submarine	Shore	
30-34	1986	5	27	5	63	821
	1987	8	24	5	63	533
	1988	6	27	2	65	501
	COHORT	10	22	4	64	112
35+	1986	6	20	2	71	972
	1987	6	17	3	74	666
	1988	5	19	3	73	656
	COHORT	7	23	3	67	157
<u>Time in Service</u>						
< 3 yrs.	1986	3	51	1	45	615
	1987	10	24	7	59	189
	1988	4	45	3	47	409
	COHORT	0	67	0	33	6
3-10	1986	5	34	6	55	1296
	1987	7	28	9	56	942
	1988	5	26	6	63	1048
	COHORT	7	24	4	65	184
11-20	1986	5	28	4	62	671
	1987	8	23	4	66	627
	1988	6	23	4	67	764
	COHORT	9	22	5	63	169
> 20	1986	7	20	2	72	148
	1987	5	13	1	81	141
	1988	2	17	1	80	183
	COHORT	2	19	0	79	47
<u>Community</u>						
Land	1986	--	--	--	--	--
	1987	--	--	--	--	--
	1988	--	--	--	--	--
	COHORT	--	--	--	--	--
Surface	1986	--	--	--	--	--
	1987	--	--	--	--	--
	1988	--	--	--	--	--
	COHORT	--	--	--	--	--
Sub	1986	--	--	--	--	--
	1987	--	--	--	--	--
	1988	--	--	--	--	--
	COHORT	--	--	--	--	--
Air	1986	--	--	--	--	--
	1987	--	--	--	--	--
	1988	--	--	--	--	--
	COHORT	--	--	--	--	--

Breakdown of Demographic Variable: **TIME IN SERVICE** (years)

	<u>Yr.</u>	<u>Mean</u>	<u>SD</u>	<u>N</u>	<u>Range</u>
<u>Overall</u>					
	1986	8.1	6.3	2730	<1-35
	1987	9.8	6.6	2043	<1-35
	1988	9.6	6.6	2879	<1-35
	COHORT	11.9	6.6	491	<1-32
<u>Sex</u>					
Male	1986	8.3	6.5	2439	<1-35
	1987	10.1	6.7	1785	<1-35
	1988	10.0	6.8	2513	<1-35
	COHORT	12.3	6.4	417	<1-32
Female	1986	6.2	4.0	291	<1-20
	1987	7.9	4.7	255	<1-30
	1988	7.3	5.6	367	<1-34
	COHORT	9.9	7.0	74	4-31
<u>Rank</u>					
Officer	1986	12.3	7.1	318	<1-32
	1987	13.6	7.2	303	<1-33
	1988	13.2	7.6	477	<1-34
	COHORT	11.1	6.0	389	<1-32
Enlisted	1986	7.5	6.0	2410	<1-35
	1987	9.2	6.2	1735	<1-35
	1988	9.0	6.3	2392	<1-35
	COHORT	15.1	7.7	101	4-31
<u>Age</u>					
< 20 yrs.	1986	0.8	0.8	102	<1-3
	1987	0.3	0.4	58	<1-2
	1988	1.4	3.9	93	<1-2
	COHORT
20-24	1986	3.3	1.5	921	<1-8
	1987	3.8	2.0	451	<1-7
	1988	3.4	2.0	659	<1-7
	COHORT	4.7	1.1	65	<1-7
25-29	1986	6.5	2.5	696	<1-12
	1987	6.9	2.6	529	<1-12
	1988	7.0	3.1	770	<1-12
	COHORT	7.9	4.6	132	<1-12

Breakdown of Demographic Variable: **TIME IN SERVICE** (years)
 -- continued --

	<u>Yr.</u>	<u>Mean</u>	<u>SD</u>	<u>N</u>	<u>Range</u>
30-34	1986	10.3	3.7	456	<1-17
	1987	10.9	3.3	416	<1-17
	1988	10.8	3.6	568	<1-17
	COHORT	10.9	3.1	112	<1-17
35+	1986	17.5	5.3	554	<1-35
	1987	17.8	5.2	546	2-35
	1988	17.9	5.3	762	1-34
	COHORT	18.1	5.1	180	5-32
<u>Time in Service</u>					
< 3 yrs.	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
3-10	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
11-20	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
> 20	1986	--	--	--	--
	1987	--	--	--	--
	1988	--	--	--	--
	COHORT	--	--	--	--
<u>Community</u>					
Land	1986	9.0	6.6	1516	<1-32
	1987	10.5	6.8	1167	<1-35
	1988	10.3	6.9	1517	<1-35
	COHORT	12.4	7.0	264	<1-32
Surface	1986	6.5	5.5	968	1-35
	1987	8.4	6.0	470	<1-31
	1988	7.7	6.2	666	<1-28
	COHORT	11.3	6.6	95	3-28
Sub	1986	7.7	5.0	122	2-27
	1987	6.7	4.7	119	<1-22
	1988	7.5	4.9	104	<1-23
	COHORT	10.5	4.1	17	4-18
Air	1986	9.3	6.8	124	1-32
	1987	9.2	6.0	143	2-29
	1988	9.4	5.9	117	<1-26
	COHORT	11.6	5.6	30	4-21

Breakdown of Demographic Variable: **MARITAL STATUS** (percent in category)

	<u>Yr.</u>	<u>Married</u>	<u>Living as married</u>	<u>% Separ/Widow/ Divorced</u>	<u>Single</u>	<u>N</u>
<u>Overall</u>						
	1986	--	--	--	--	--
	1987	63	2	9	25	2141
	1988	61	3	9	28	3058
	COHORT	70	2	11	17	510
<u>Sex</u>						
Male	1986	--	--	--	--	--
	1987	65	2	9	24	1875
	1988	64	2	8	26	2669
	COHORT	73	2	10	15	431
Female	1986	--	--	--	--	--
	1987	48	4	14	34	263
	1988	39	5	17	38	387
	COHORT	51	3	17	29	78
<u>Rank</u>						
Officer	1986	--	--	--	--	--
	1987	74	0	7	19	312
	1988	74	1	7	18	491
	COHORT	73	1	8	18	104
Enlisted	1986	--	--	--	--	--
	1987	61	3	9	26	1825
	1988	58	3	9	29	2549
	COHORT	69	3	11	17	405
<u>Age</u>						
< 20 yrs.	1986	--	--	--	--	--
	1987	4	0	0	96	67
	1988	3	4	0	93	126
	COHORT
20-24	1986	--	--	--	--	--
	1987	42	3	5	50	472
	1988	37	4	7	52	699
	COHORT	52	5	10	34	65
25-29	1986	--	--	--	--	--
	1987	64	3	10	24	547
	1988	62	2	9	26	802
	COHORT	61	3	10	26	136

Breakdown of Demographic Variable: **MARITAL STATUS** (percent in category)
 -- continued --

		%				N
	<u>Yr.</u>	<u>Married</u>	<u>Living as married</u>	<u>Separ/Widow/ Divorced</u>	<u>Single</u>	
30-34	1986	--	--	--	--	--
	1987	74	3	10	12	432
	1988	72	3	12	13	597
	COHORT	74	2	11	13	119
35+	1986	--	--	--	--	--
	1987	79	1	12	7	577
	1988	81	1	10	7	797
	COHORT	80	1	12	8	187
<u>Time in Service</u>						
< 3 yrs.	1986	--	--	--	--	--
	1987	22	1	4	74	195
	1988	24	4	4	68	444
	COHORT	50	0	0	50	8
3-10	1986	--	--	--	--	--
	1987	57	4	8	30	992
	1988	58	3	9	29	1267
	COHORT	60	4	10	26	226
11-20	1986	--	--	--	--	--
	1987	79	1	11	8	696
	1988	78	1	12	9	942
	COHORT	77	1	11	10	203
> 20	1986	--	--	--	--	--
	1987	82	3	10	5	152
	1988	79	2	8	2	220
	COHORT	67	4	6	4	52
<u>Community</u>						
Land	1986	--	--	--	--	--
	1987	66	2	9	23	1227
	1988	63	3	9	25	1597
	COHORT	70	3	10	18	274
Surface	1986	--	--	--	--	--
	1987	57	3	10	31	497
	1988	52	2	9	37	720
	COHORT	63	2	16	19	99
Sub	1986	--	--	--	--	--
	1987	54	2	7	36	121
	1988	50	5	7	40	104
	COHORT	71	0	6	24	17
Air	1986	--	--	--	--	--
	1987	65	1	9	24	144
	1988	72	3	4	22	120
	COHORT	69	3	13	16	32

RISK FACTORS AND BODY COMPOSITION

RISK FACTORS AND BODY COMPOSITION

- o Just under 6% of personnel were not medically cleared to take the PRT; a higher percentage of women than men were not medically cleared.
- o About 15% of personnel reported having one or more health risk factors. Risk factors most commonly reported were family history of heart disease, heavy smoking, and joint problems.
- o Older personnel were more likely than younger people to report health risk factors.
- o The shore community had a slightly higher proportion of respondents reporting one or more health risk factors, and also the largest percentage of personnel (about 7%) who were not medically cleared to take the PRT.
- o Men averaged about 16% body fat and women averaged just under 24% body fat.
- o Percent body fat was higher among older individuals than younger people.
- o Approximately 4% of Navy personnel had percent body fat values that placed them in the obese category and about 6% were in the overfat category.
- o Officers had slightly higher percent body fat on the average than did enlisted personnel; however, more enlisted personnel than officers fell into the overfat and obese categories.
- o Shore-based personnel had the highest percent body fat among the four communities, but the shore group also has the largest percent of women in its ranks. There were no community differences in the percentage of people who exceeded the sex-adjusted standards for acceptable percent body fat.
- o Among the T1-T2-T3 Cohort, there were no statistically significant changes from 1987 to 1988 in percent body fat, in the percent of people medically cleared to take the PRT, or in the percent of people reporting at least one risk factor.

RISK FACTORS

Percent of Respondents Answering "Yes" to each Health Risk Factor (Section B, Risk Factor Screening Form):

	Yr.	Heart Trouble	Chest Pains	Dizzy Spells	Breath- lessness	HBP	Joint Prob.	>40 & Seden.	Family Coron.	Heavy Smoker	Obese	Other
<u>Overall</u>	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	5	1	4	4	6	4	7	6	2	4
	1988	1	3	1	3	3	5	2	6	5	2	3
<u>Sex</u>												
Male	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	5	1	4	4	6	4	7	6	1	3
	1988	1	3	1	3	3	5	2	6	6	2	3
Female	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	0	7	3	7	0	8	2	8	5	3	9
	1988	1	1	2	4	1	4	1	7	3	1	8
<u>Rank</u>												
Officer	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	4	1	3	3	7	8	7	6	1	5
	1988	2	2	0	3	3	7	5	6	4	1	4
Enlisted	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	5	1	4	4	6	3	7	6	2	4
	1988	1	3	1	3	3	5	2	6	5	2	3
<u>Age</u>												
< 20 yrs.	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	0	4	0	0	0	0	0	0	0	0	0
	1988	1	2	1	1	1	0	0	2	0	1	1
20-24	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	0	2	1	3	3	2	0	4	1	0	2
	1988	0	2	1	2	1	3	0	5	1	1	3
25-29	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	1	4	1	4	2	4	0	7	4	1	4
	1988	1	2	0	3	2	3	0	4	2	1	2
30-34	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	6	2	4	3	7	0	8	8	2	4
	1988	1	2	2	2	2	5	0	8	8	2	4
35+	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	4	10	3	8	9	13	16	12	14	3	7
	1988	3	6	2	6	5	11	11	9	15	3	6
<u>Time in Service</u>												
< 3 yrs.	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	4	0	2	1	1	0	2	2	1	2
	1988	1	4	1	1	2	3	0	5	1	0	1
3-10	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	1	4	1	3	3	3	0	7	2	1	5
	1988	1	2	1	2	1	3	0	5	2	1	3
11-20	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	3	8	2	5	6	11	8	10	11	3	4
	1988	2	4	3	4	3	7	3	7	11	3	5
> 20	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	5	14	8	17	11	14	29	12	22	2	7
	1988	4	12	1	9	7	16	26	10	23	2	9
<u>Community</u>												
Land	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	2	6	1	5	4	6	5	7	6	1	5
	1988	1	3	1	3	3	5	4	7	7	1	5
Surface	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	1	4	2	4	5	6	3	6	6	2	3
	1988	1	4	1	3	2	3	1	6	6	2	2
Sub	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	0	4	1	3	0	3	0	6	3	1	1
	1988	0	4	0	0	2	2	0	3	3	2	2
Air	1986	-	-	-	-	-	-	-	-	-	-	-
	1987	1	3	1	4	3	4	3	8	7	2	4
	1988	0	5	3	5	2	5	4	9	5	2	5

HEALTH RISK FACTOR SCREENING

	<u>Yr.</u>	<u>% of respondents reporting one or more health risk factors</u>	<u>% of respondents not medically cleared</u>
<u>Overall</u>			
	1986	-	-
	1987	16.1	5.9
	1988	14.3	5.4
<u>Sex</u>			
Male	1986	-	-
	1987	15.6	5.5
	1988	13.9	5.0
Female	1986	-	-
	1987	20.0	9.8
	1988	17.5	8.9
<u>Rank</u>			
Officer	1986	-	-
	1987	19.0	6.6
	1988	15.5	8.2
Enlisted	1986	-	-
	1987	15.8	5.8
	1988	14.5	5.2
<u>Age</u>			
< 20 yrs.	1986	-	-
	1987	2.7	4.5
	1988	5.4	3.2
20-24	1986	-	-
	1987	8.3	4.2
	1988	10.7	4.6
25-29	1986	-	-
	1987	13.1	5.0
	1988	10.3	4.5
30-34	1986	-	-
	1987	18.4	5.6
	1988	15.7	6.4
35+	1986	-	-
	1987	30.5	10.1
	1988	25.8	7.6
<u>Time in Service</u>			
< 3 yrs.	1986	-	-
	1987	8.8	5.5
	1988	8.4	4.6
3-10	1986	-	-
	1987	10.3	4.4
	1988	9.7	4.2
11-20	1986	-	-
	1987	21.1	6.4
	1988	17.5	6.2
> 20	1986	-	-
	1987	23.9	9.9
	1988	31.7	8.0
<u>Community</u>			
Land	1986	-	-
	1987	17.0	7.0
	1988	14.1	6.5
Surface	1986	-	-
	1987	14.6	4.3
	1988	12.4	3.1
Sub	1986	-	-
	1987	10.7	2.6
	1988	9.8	1.3
Air	1986	-	-
	1987	15.7	5.9
	1988	12.6	5.3

BODY COMPOSITION (6110.1C STANDARDS)

	<u>Yr</u>	<u>Mean %</u>	<u>Body</u>	<u>Fat</u>	<u>Excess Body</u>	<u>Fat Category</u>	
		<u>%BF</u>	<u>SD</u>	<u>N</u>	<u>%Within Std.</u>	<u>%Overfat</u>	<u>%Obese</u>
<u>Overall</u>	1986	-	-	-	-	-	-
	1987	17.05	6.10	1945	89.3	6.1	4.6
	1988	16.88	5.98	3254	90.5	6.1	3.3
<u>Sex</u>							
Male	1986	-	-	-	-	-	-
	1987	16.24	5.56	1742	89.7	5.8	4.6
	1988	15.99	5.40	2890	90.6	6.0	3.4
Female	1986	-	-	-	-	-	-
	1987	23.92	6.20	204	86.4	8.4	5.1
	1988	23.92	5.71	362	90.3	6.8	2.9
<u>Rank</u>							
Officer	1986	-	-	-	-	-	-
	1987	17.90	4.98	221	94.5	3.9	1.6
	1988	17.81	5.09	349	92.1	4.8	3.0
Enlisted	1986	-	-	-	-	-	-
	1987	16.94	6.23	1715	88.6	6.4	5.0
	1988	16.82	6.08	2838	90.2	6.4	3.4
<u>Age</u>							
< 20 yrs.	1986	-	-	-	-	-	-
	1987	13.70	4.94	73	96.3	1.8	1.8
	1988	14.19	5.75	178	97.0	1.3	1.7
20-24	1986	-	-	-	-	-	-
	1987	15.42	6.48	519	91.7	5.3	3.0
	1988	15.38	6.38	936	93.3	3.6	3.1
25-29	1986	-	-	-	-	-	-
	1987	16.98	6.13	512	90.5	4.2	5.3
	1988	16.85	5.98	840	91.2	6.0	2.8
30-34	1986	-	-	-	-	-	-
	1987	17.93	5.91	381	87.7	7.2	5.1
	1988	18.10	5.56	596	89.4	7.5	3.1
35+	1986	-	-	-	-	-	-
	1987	18.86	5.18	440	85.4	8.5	6.1
	1988	18.63	4.99	676	85.0	10.0	5.0
<u>Time in Service</u>							
< 3 yrs.	1986	-	-	-	-	-	-
	1987	14.95	6.24	140	94.3	2.2	3.5
	1988	14.98	6.17	359	95.9	2.0	2.0
3-10	1986	-	-	-	-	-	-
	1987	16.63	6.54	569	88.3	6.8	5.0
	1988	16.68	6.46	876	90.4	6.2	3.4
11-20	1986	-	-	-	-	-	-
	1987	17.64	5.67	377	88.2	6.8	5.1
	1988	17.78	5.36	627	88.7	8.4	2.9
> 20	1986	-	-	-	-	-	-
	1987	19.40	4.86	76	91.3	5.9	2.8
	1988	18.80	4.52	124	83.6	12.0	4.5
<u>Community</u>							
Land	1986	-	-	-	-	-	-
	1987	17.33	6.26	1130	88.3	7.0	4.7
	1988	17.26	6.22	1151	90.2	7.2	2.6
Surface	1986	-	-	-	-	-	-
	1987	16.59	6.06	401	89.9	4.8	5.3
	1988	16.07	6.15	552	90.2	4.9	4.8
Sub	1986	-	-	-	-	-	-
	1987	15.59	5.24	156	93.9	3.9	2.2
	1988	16.07	5.13	85	91.5	6.0	2.5
Air	1986	-	-	-	-	-	-
	1987	18.17	6.26	118	88.9	4.9	6.2
	1988	16.78	4.74	58	95.1	4.9	0

PHYSICAL READINESS TEST

PHYSICAL READINESS TEST

- o Overall, Navy personnel completed the 1.5-mile run in about 12.5 minutes; they also did about 55 sit-ups and about 39 push-ups on the average.
- o The same pattern of group effects was found for each of these tests with respect to actual raw score performances: men performed somewhat better than women, officers better than enlisted personnel, and younger people better than older people.
- o The age- and sex-adjusted classification ratings averaged between "good" and "excellent." A consistent group effect across all PRT test components was that officers scored somewhat higher than enlisted personnel.
- o Individuals stationed at air and shore communities had somewhat higher classification ratings (sit-ups, push-ups, and overall) than did the surface and submarine communities.
- o Among the T1-T2-T3 Cohort, there were several relatively small but statistically significant time effects: sit-ups increased modestly each year from 1986 to 1988; push-ups increased slightly from 1987 to 1988; and the overall, sit-ups, and push-ups classification ratings increased slightly from 1987 to 1988.

PRT MEAN RAW SCORES

	Yr.	1.5 Mile Run			500 Yard Swim			Situps			Pushups			Sit-Reach	
		Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	%Pass	N
<u>Overall</u>	1986	12.51	2.20	4400	11.89	2.92	110	52.24	18.25	4641	-	-	-	100	4386
	1987	12.51	1.94	1674	11.15	2.53	40	55.63	18.75	1743	38.44	16.11	1731	99	1623
	1988	12.49	1.94	3041	11.25	2.29	67	56.51	19.19	3141	39.79	16.95	3127	100	2887
<u>Sex</u>															
Male	1986	12.25	2.05	3970	11.39	2.98	75	52.67	18.31	4170	-	-	-	100	3944
	1987	12.28	1.81	1516	10.78	2.57	28	55.98	18.66	1570	40.38	15.14	1561	99	1460
	1988	12.23	1.80	2697	10.86	2.22	49	56.88	19.16	2773	42.39	15.86	2759	100	2539
Female	1986	14.93	2.06	430	12.99	2.49	35	48.30	17.26	470	-	-	-	99	442
	1987	14.76	1.76	158	12.08	2.28	11	52.46	19.31	174	20.67	13.63	171	99	163
	1988	14.55	1.74	342	12.30	2.18	18	53.73	19.15	366	20.21	11.16	366	100	347
<u>Rank</u>															
Officer	1986	12.32	2.32	469	11.10	2.68	27	57.36	20.92	501	-	-	-	100	474
	1987	12.35	2.02	189	10.68	2.62	14	60.06	20.98	206	38.21	16.67	205	98	187
	1988	12.35	2.03	300	10.70	2.48	28	63.75	21.74	330	41.52	17.68	328	100	305
Enlisted	1986	12.53	2.18	3908	12.16	2.98	62	51.65	17.81	4115	-	-	-	100	3888
	1987	12.53	1.94	1476	11.40	2.50	26	55.01	18.36	1528	38.45	16.04	1518	99	1427
	1988	12.52	1.93	2680	11.73	2.10	37	55.59	18.71	2746	39.48	16.85	2734	100	2527
<u>Age</u>															
< 20 yrs.	1986	11.43	1.59	224	13.39	1.79	2	61.09	15.64	233	-	-	-	100	194
	1987	10.50	.90	68	0	0	0	79.82	16.54	68	58.99	18.05	68	100	64
	1988	11.73	1.68	164	13.33	.00	1	63.70	16.98	166	46.59	15.20	166	99	133
20-24	1986	11.93	1.99	1576	11.58	3.02	34	54.56	18.62	1662	-	-	-	99	1556
	1987	12.15	1.77	477	12.13	2.09	10	57.48	17.53	491	40.42	15.47	487	100	488
	1988	11.91	1.78	907	12.23	2.06	14	58.74	17.38	928	42.52	16.96	926	99	838
25-29	1986	12.49	2.15	1096	12.25	3.51	32	54.56	18.63	1158	-	-	-	100	1101
	1987	12.28	1.89	445	10.11	2.33	11	57.38	18.10	464	39.50	16.08	461	100	436
	1988	12.28	1.90	781	10.13	2.16	13	59.38	19.55	801	41.97	17.45	799	99	753
30-34	1986	12.98	2.16	699	12.19	2.43	22	49.08	16.31	741	-	-	-	100	704
	1987	12.86	1.79	321	10.71	1.70	8	52.43	18.01	336	34.57	14.14	335	100	323
	1988	13.05	1.87	571	10.93	1.93	15	53.58	19.22	590	35.77	16.38	587	100	548
35+	1986	13.63	2.27	776	11.37	2.30	20	44.68	16.23	819	-	-	-	100	802
	1987	13.38	2.05	349	11.87	3.36	10	49.53	17.90	368	34.19	14.89	365	97	338
	1988	13.30	1.90	591	11.37	2.55	23	50.79	20.11	630	35.14	15.33	622	100	589
<u>Time in Service</u>															
< 3 yrs.	1986	11.72	1.87	550	10.96	2.98	9	55.52	17.21	584	-	-	-	99	541
	1987	10.94	1.53	125	12.00	.00	1	71.32	20.35	126	51.11	19.70	126	100	116
	1988	11.88	1.86	349	12.86	.98	4	59.63	17.57	359	44.90	18.10	357	99	324
3-10	1986	12.37	2.17	1060	11.73	3.21	40	54.37	19.25	1138	-	-	-	100	1096
	1987	12.28	1.83	497	10.92	1.99	14	56.95	17.89	518	39.05	16.05	514	100	489
	1988	12.76	1.96	825	11.04	2.57	18	59.89	19.31	843	41.39	17.71	842	100	792
11-20	1986	13.30	2.18	531	12.19	2.41	10	46.99	16.04	561	-	-	-	100	541
	1987	12.85	1.76	303	11.86	4.10	5	51.47	17.67	314	35.54	13.33	311	98	300
	1988	13.00	1.88	566	10.54	1.80	14	51.87	18.97	592	36.00	15.12	588	99	552
> 20	1986	13.81	2.02	112	9.23	.04	2	44.33	16.29	117	-	-	-	99	117
	1987	13.55	2.10	56	9.25	0	1	48.80	18.80	59	30.70	13.24	59	99	52
	1988	13.26	2.00	105	13.76	3.65	3	49.93	18.71	110	35.98	14.95	106	100	104
<u>Community</u>															
Land	1986	12.76	2.28	2586	12.05	2.91	85	53.37	18.77	2698	-	-	-	100	2557
	1987	12.70	2.03	955	11.25	2.33	25	57.25	20.10	995	38.09	17.17	988	99	933
	1988	12.69	1.93	1053	11.38	2.47	27	57.70	20.23	1085	39.22	17.63	1081	100	1021
Surface	1986	12.22	2.09	1373	11.33	3.38	13	49.71	17.16	1485	-	-	-	99	1376
	1987	12.24	1.88	363	10.14	2.02	4	51.50	14.89	370	37.15	13.48	368	100	346
	1988	12.09	1.81	506	12.44	1.70	9	55.02	17.41	529	41.77	16.63	524	99	486
Sub	1986	12.13	1.72	224	10.84	2.32	9	50.21	15.99	237	-	-	-	100	234
	1987	11.94	1.41	137	10.70	2.56	6	52.86	14.96	143	39.68	12.16	141	99	136
	1988	11.69	1.65	81	7.58	0	1	51.98	15.09	85	40.41	13.35	83	98	78
Air	1986	11.77	1.79	217	13.97	2.07	2	57.56	18.83	219	-	-	-	100	218
	1987	12.71	1.77	99	10.87	.66	2	56.87	18.55	102	39.04	16.57	101	100	88
	1988	12.31	1.94	55	0	0	0	58.98	21.48	55	41.33	17.45	55	100	47

PRT CLASSIFICATION SCORES FOR RUM (OPNAV 6110.1C STANDARDS)

		Yr.					Mean	SD	N
		0 Fail	1 Satisfactory	2 Good	3 Excellent	4 Outstanding			
<u>Overall</u>	1986	-	-	-	-	-	-	-	-
	1987	4	37	37	16	6	1.83	.95	1,626
	1988	4	37	35	18	6	1.84	.96	2,957
<u>Sex</u>									
Male	1986	-	-	-	-	-	-	-	-
	1987	4	36	36	17	6	1.84	.96	1,468
	1988	5	37	35	18	6	1.83	.96	2,626
Female	1986	-	-	-	-	-	-	-	-
	1987	4	39	40	10	7	1.78	.93	158
	1988	3	34	37	20	5	1.90	.93	331
<u>Rank</u>									
Officer	1986	-	-	-	-	-	-	-	-
	1987	1	17	39	30	13	2.36	.95	183
	1988	2	20	34	32	11	2.30	.99	293
Enlisted	1986	-	-	-	-	-	-	-	-
	1987	5	39	36	15	5	1.76	.93	1,434
	1988	5	38	35	17	5	1.79	.94	2,605
<u>Age</u>									
< 20 yrs.	1986	-	-	-	-	-	-	-	-
	1987	0	30	49	18	3	1.95	.79	68
	1988	11	42	32	8	7	1.58	1.02	159
20-24	1986	-	-	-	-	-	-	-	-
	1987	4	43	32	15	5	1.74	.94	467
	1988	4	38	33	19	6	1.87	.97	893
25-29	1986	-	-	-	-	-	-	-	-
	1987	7	42	32	13	7	1.71	1.01	437
	1988	6	42	32	16	4	1.70	.95	762
30-34	1986	-	-	-	-	-	-	-	-
	1987	2	26	45	21	6	2.03	.88	316
	1988	4	30	39	21	7	1.96	.97	564
35+	1986	-	-	-	-	-	-	-	-
	1987	5	32	39	18	6	1.89	.96	337
	1988	2	34	39	20	5	1.93	.90	580
<u>Time in Service</u>									
< 3 yrs.	1986	-	-	-	-	-	-	-	-
	1987	3	24	40	25	8	2.12	.96	123
	1988	6	33	35	17	9	1.91	1.05	341
3-10	1986	-	-	-	-	-	-	-	-
	1987	4	41	34	13	7	1.78	.98	483
	1988	5	37	33	20	5	1.83	.97	799
11-20	1986	-	-	-	-	-	-	-	-
	1987	2	30	44	20	5	1.96	.88	288
	1988	4	34	37	20	5	1.89	.95	550
> 20	1986	-	-	-	-	-	-	-	-
	1987	5	26	44	19	6	1.94	.95	54
	1988	0	32	39	22	7	2.03	.90	103
<u>Community</u>									
Land	1986	-	-	-	-	-	-	-	-
	1987	5	35	39	16	5	1.82	.94	929
	1988	5	37	34	20	4	1.81	.95	1,021
Surface	1986	-	-	-	-	-	-	-	-
	1987	5	38	32	17	9	1.87	1.03	350
	1988	4	34	38	17	7	1.88	.98	492
Sub	1986	-	-	-	-	-	-	-	-
	1987	3	38	41	15	3	1.77	.84	132
	1988	4	36	32	22	6	1.88	.99	79
Air	1986	-	-	-	-	-	-	-	-
	1987	2	46	29	18	4	1.75	.93	96
	1988	1	34	34	25	6	2.03	.94	52

PRT CLASSIFICATION SCORES FOR SWIM (OPNAV 6110.1C STANDARDS)

<u>Yr.</u>		<u>%</u>					<u>Mean</u>	<u>SD</u>	<u>N</u>
		<u>0</u> Fail	<u>1</u> Satisfactory	<u>2</u> Good	<u>3</u> Excellent	<u>4</u> Outstanding			
<u>Overall</u>	1986	-	-	-	-	-	-	-	-
	1987	3	18	27	22	30	2.59	1.19	39
	1988	3	10	28	20	33	2.62	1.22	66
<u>Sex</u>									
Male	1986	-	-	-	-	-	-	-	-
	1987	4	20	27	19	30	2.52	1.24	28
	1988	6	15	22	23	34	2.64	1.26	48
Female	1986	-	-	-	-	-	-	-	-
	1987	0	12	26	31	31	2.80	1.06	11
	1988	0	15	43	10	31	2.58	1.12	18
<u>Rank</u>									
Officer	1986	-	-	-	-	-	-	-	-
	1987	6	6	6	25	57	3.22	1.21	13
	1988	0	11	19	22	47	3.05	1.08	28
Enlisted	1986	-	-	-	-	-	-	-	-
	1987	1	23	37	21	17	2.29	1.07	26
	1988	7	19	33	16	25	2.31	1.26	37
<u>Age</u>									
< 20 yrs.	1986	-	-	-	-	-	-	-	-
	1987	0	0	0	0	0	-	-	0
	1988	100	0	0	0	0	-	-	1
20-24	1986	-	-	-	-	-	-	-	-
	1987	0	48	42	10	0	1.62	.70	10
	1988	10	44	29	7	10	1.63	1.11	14
25-29	1986	-	-	-	-	-	-	-	-
	1987	4	10	35	29	22	2.56	1.11	11
	1988	0	3	48	28	21	2.67	.87	13
30-34	1986	-	-	-	-	-	-	-	-
	1987	0	0	0	45	55	3.55	.53	8
	1988	0	4	22	16	57	3.26	.99	15
35+	1986	-	-	-	-	-	-	-	-
	1987	8	10	25	8	49	2.81	1.41	10
	1988	0	13	20	26	41	2.96	1.08	23
<u>Time in Service</u>									
< 3 yrs.	1986	-	-	-	-	-	-	-	-
	1987	0	100	0	0	0	1.00	.00	1
	1988	67	33	0	0	0	.33	.54	4
3-10	1986	-	-	-	-	-	-	-	-
	1987	3	8	34	34	21	2.63	1.02	14
	1988	0	17	32	18	33	2.68	1.14	18
11-20	1986	-	-	-	-	-	-	-	-
	1987	15	0	22	15	49	2.83	1.57	5
	1988	0	4	8	49	40	3.25	.77	14
> 20	1986	-	-	-	-	-	-	-	-
	1987	0	0	0	0	100	1.94	.95	1
	1988	0	49	28	0	23	1.98	1.48	3
<u>Community</u>									
Land	1986	-	-	-	-	-	-	-	-
	1987	2	11	36	16	35	2.73	1.12	25
	1988	5	14	29	19	33	2.60	1.24	27
Surface	1986	-	-	-	-	-	-	-	-
	1987	0	24	33	24	18	2.37	1.20	4
	1988	0	16	20	37	27	1.76	1.08	9
Sub	1986	-	-	-	-	-	-	-	-
	1987	0	40	0	30	30	2.50	1.41	6
	1988	0	0	0	0	100	1.88	.99	1
Air	1986	-	-	-	-	-	-	-	-
	1987	0	0	0	100	0	3.00	.00	2
	1988	0	0	0	0	0	-	-	0

PRT CLASSIFICATION SCORES FOR SITUPS (OPNAV 6110.1C STANDARDS)

		Yr.	-----%-----					Mean	SD	N
			0 Fail	1 Satisfactory	2 Good	3 Excellent	4 Outstanding			
<u>Overall</u>	1986		-	-	-	-	-	-	-	-
	1987		2	28	38	19	14	2.15	1.04	1,692
	1988		2	28	36	18	15	2.16	1.06	3,056
<u>Sex</u>										
Male	1986		-	-	-	-	-	-	-	-
	1987		2	27	38	19	14	2.16	1.04	1,519
	1988		2	28	37	18	15	2.16	1.06	2,700
Female	1986		-	-	-	-	-	-	-	-
	1987		1	32	35	18	13	2.10	1.03	173
	1988		2	30	35	19	14	2.14	1.06	356
<u>Rank</u>										
Officer	1986		-	-	-	-	-	-	-	-
	1987		0	15	25	34	25	2.68	1.03	199
	1988		1	12	24	31	32	2.82	1.05	323
Enlisted	1986		-	-	-	-	-	-	-	-
	1987		2	29	39	17	12	2.08	1.02	1,484
	1988		2	30	38	17	13	2.08	1.04	2,670
<u>Age</u>										
< 20 yrs.	1986		-	-	-	-	-	-	-	-
	1987		4	5	17	39	34	2.94	1.05	68
	1988		2	41	25	21	10	1.97	1.07	160
20-24	1986		-	-	-	-	-	-	-	-
	1987		3	31	40	14	12	2.01	1.02	480
	1988		2	28	43	15	12	2.07	.99	913
25-29	1986		-	-	-	-	-	-	-	-
	1987		2	34	37	14	13	2.03	1.04	457
	1988		3	30	36	15	16	2.12	1.09	782
30-34	1986		-	-	-	-	-	-	-	-
	1987		0	21	42	19	17	2.31	1.00	331
	1988		2	22	36	22	18	2.31	1.07	582
35+	1986		-	-	-	-	-	-	-	-
	1987		3	23	36	26	11	2.21	1.01	357
	1988		2	28	30	24	16	2.25	1.09	619
<u>Time in Service</u>										
< 3 yrs.	1986		-	-	-	-	-	-	-	-
	1987		4	14	27	27	28	2.61	1.16	123
	1988		4	28	43	13	12	2.01	1.02	351
3-10	1986		-	-	-	-	-	-	-	-
	1987		1	31	39	14	15	2.11	1.05	503
	1988		2	27	36	19	17	2.21	1.07	817
11-20	1986		-	-	-	-	-	-	-	-
	1987		2	21	46	19	13	2.20	.97	299
	1988		3	27	35	21	14	2.17	1.07	574
> 20	1986		-	-	-	-	-	-	-	-
	1987		0	22	38	27	13	2.30	.97	56
	1988		2	25	29	30	14	2.28	1.06	108
<u>Community</u>										
Land	1986		-	-	-	-	-	-	-	-
	1987		2	23	37	21	17	2.29	1.05	966
	1988		2	28	33	20	17	2.24	1.09	1,031
Surface	1986		-	-	-	-	-	-	-	-
	1987		2	39	39	14	6	1.83	.90	356
	1988		3	26	44	16	10	2.03	.98	515
Sub	1986		-	-	-	-	-	-	-	-
	1987		3	38	39	12	8	1.83	.96	137
	1988		5	41	40	9	5	1.67	.89	82
Air	1986		-	-	-	-	-	-	-	-
	1987		1	24	38	20	16	2.27	1.04	99
	1988		5	21	26	28	19	2.36	1.17	52

PRT CLASSIFICATION SCORES FOR PUSHUPS (OPNAV 6110.1C STANDARDS)

		----->					Mean	SD	N
Yr.		0 Fail	1 Satisfactory	2 Good	3 Excellent	4 Outstanding			
<u>Overall</u>									
	1986	-	-	-	-	-	-	-	-
	1987	3	53	11	9	24	1.99	1.30	1,680
	1988	2	49	13	8	28	2.10	1.133	3,043
<u>Sex</u>									
Male	1986	-	-	-	-	-	-	-	-
	1987	3	55	10	9	23	1.96	1.30	1,509
	1988	2	51	11	8	28	2.09	1.34	2,687
Female	1986	-	-	-	-	-	-	-	-
	1987	3	37	23	9	29	2.25	1.29	170
	1988	3	37	26	8	26	2.17	1.26	356
<u>Rank</u>									
Officer	1986	-	-	-	-	-	-	-	-
	1987	0	-	13	11	40	2.55	1.33	198
	1988	2	-	16	10	47	2.76	1.32	321
Enlisted	1986	-	-	-	-	-	-	-	-
	1987	3	55	11	9	22	1.91	1.27	1,473
	1988	2	52	12	8	26	2.003	1.31	2,659
<u>Age</u>									
< 20 yrs.	1986	-	-	-	-	-	-	-	-
	1987	9	24	16	11	39	2.46	1.45	68
	1988	7	49	17	7	21	1.86	1.29	160
20-24	1986	-	-	-	-	-	-	-	-
	1987	3	52	12	10	23	1.98	1.28	476
	1988	2	50	11	8	29	2.11	1.35	912
25-29	1986	-	-	-	-	-	-	-	-
	1987	2	57	8	10	23	1.94	1.29	454
	1988	2	48	11	10	29	2.16	1.34	781
30-34	1986	-	-	-	-	-	-	-	-
	1987	1	56	14	5	24	1.95	1.27	330
	1988	3	50	14	4	30	2.08	1.35	579
35+	1986	-	-	-	-	-	-	-	-
	1987	3	51	12	10	24	2.02	1.31	353
	1988	1	50	14	8	27	2.10	1.30	611
<u>Time in Service</u>									
< 3 yrs.	1986	-	-	-	-	-	-	-	-
	1987	7	33	11	12	36	2.37	1.44	123
	1988	4	39	14	10	33	2.29	1.38	349
3-10	1986	-	-	-	-	-	-	-	-
	1987	2	52	11	9	25	2.04	1.31	498
	1988	2	49	13	8	29	2.14	1.33	815
11-20	1986	-	-	-	-	-	-	-	-
	1987	2	55	15	7	21	1.91	1.24	296
	1988	3	52	12	6	26	2.00	1.32	570
> 20	1986	-	-	-	-	-	-	-	-
	1987	5	55	8	11	21	1.88	1.31	56
	1988	1	42	17	15	24	2.19	1.25	104
<u>Community</u>									
Land	1986	-	-	-	-	-	-	-	-
	1987	2	49	13	10	26	2.08	1.31	959
	1988	1	46	14	9	30	2.20	1.33	1,048
Surface	1986	-	-	-	-	-	-	-	-
	1987	6	40	10	8	18	1.74	1.22	354
	1988	3	52	12	9	24	2.00	1.30	510
Sub	1986	-	-	-	-	-	-	-	-
	1987	1	65	9	9	16	1.74	1.17	136
	1988	3	60	11	6	20	1.80	1.26	80
Air	1986	-	-	-	-	-	-	-	-
	1987	4	54	8	6	27	1.99	1.37	98
	1988	6	41	7	5	41	2.34	1.51	52

PRT CLASSIFICATION SCORES FOR OVERALL (OPNAV 6110.1C STANDARDS)

Yr.		%					Mean	SD	N
		0 Fail	1 Satisfactory	2 Good	3 Excellent	4 Outstanding			
Overall	1986	-	-	-	-	-	-	-	-
	1987	9	34	31	16	10	1.85	1.11	1,532
	1988	8	34	29	17	12	1.92	1.14	2,779
Sex									
Male	1986	-	-	-	-	-	-	-	-
	1987	9	35	30	16	10	1.84	1.11	1,373
	1988	8	35	28	16	13	1.92	1.15	2,447
Female	1986	-	-	-	-	-	-	-	-
	1987	6	31	36	16	11	1.96	1.08	159
	1988	7	28	35	21	8	1.96	1.05	332
Rank									
Officer	1986	-	-	-	-	-	-	-	-
	1987	4	17	23	34	23	2.55	1.13	178
	1988	4	14	26	24	32	2.66	1.17	295
Enlisted	1986	-	-	-	-	-	-	-	-
	1987	9	37	32	14	8	1.76	1.07	1,345
	1988	8	37	29	16	10	1.84	1.11	2,430
Age									
< 20 yrs.	1986	-	-	-	-	-	-	-	-
	1987	12	9	29	31	18	2.36	1.23	66
	1988	18	35	30	13	4	1.48	1.05	134
20-24	1986	-	-	-	-	-	-	-	-
	1987	8	37	34	12	9	1.76	1.06	434
	1988	7	36	31	16	10	1.86	1.09	820
25-29	1986	-	-	-	-	-	-	-	-
	1987	11	40	26	14	9	1.71	1.12	416
	1988	9	36	27	16	13	1.88	1.17	727
30-34	1986	-	-	-	-	-	-	-	-
	1987	4	33	33	18	13	2.03	1.08	307
	1988	7	31	29	19	14	2.02	1.15	540
35+	1986	-	-	-	-	-	-	-	-
	1987	11	29	30	22	8	1.87	1.12	308
	1988	4	32	29	19	16	2.09	1.14	558
Time in Service									
< 3 yrs.	1986	-	-	-	-	-	-	-	-
	1987	10	18	26	24	23	2.31	1.29	116
	1988	12	29	34	16	9	1.81	1.12	316
3-10	1986	-	-	-	-	-	-	-	-
	1987	7	39	29	14	10	1.82	1.09	464
	1988	7	34	28	17	14	1.98	1.16	764
11-20	1986	-	-	-	-	-	-	-	-
	1987	6	32	34	18	9	1.92	1.06	266
	1988	8	34	29	18	11	1.91	1.13	524
> 20	1986	-	-	-	-	-	-	-	-
	1987	7	29	35	18	11	1.97	1.10	48
	1988	3	32	24	29	12	2.14	1.10	97
Community									
Land	1986	-	-	-	-	-	-	-	-
	1987	9	31	31	18	12	1.93	1.15	887
	1988	7	31	30	19	13	1.99	1.14	978
Surface	1986	-	-	-	-	-	-	-	-
	1987	10	37	36	12	6	1.67	1.00	331
	1988	9	33	32	18	8	1.82	1.08	462
Sub	1986	-	-	-	-	-	-	-	-
	1987	9	45	28	15	3	1.58	.96	121
	1988	9	48	30	10	4	1.53	.93	71
Air	1986	-	-	-	-	-	-	-	-
	1987	5	38	26	18	14	1.98	1.14	83
	1988	10	29	19	22	20	1.12	1.32	48

WEIGHT HISTORY

WEIGHT HISTORY

- o Nearly half of the respondents felt that they were currently overweight to some degree. Women and older individuals were more likely than men and younger individuals to feel that they were currently overweight.
- o Enlisted personnel, women, and younger people reported first becoming overweight at an earlier age than officers, men, and older respondents.
- o On the average, women tended to rate themselves as being at about ideal weight and men slightly below ideal weight during their childhood and adolescence.
- o Submariners were more likely than the other three communities to report feeling currently overweight, and slightly overweight for most of their adult life.

WEIGHT HISTORY

1a. Have you ever been overweight?

	<u>Yr.</u>	<u>%</u>		<u>N</u>
		No	Yes	
<u>Overall</u>	1986	63	37	3018
	1987	67	33	2153
	1988	68	32	3080
<u>Sex</u>				
Male	1986	66	34	2687
	1987	68	32	1881
	1988	70	30	2685
Female	1986	44	56	331
	1987	58	42	263
	1988	54	46	391
<u>Rank</u>				
Officer	1986	53	47	344
	1987	60	40	312
	1988	62	38	487
Enlisted	1986	65	35	2672
	1987	67	33	1830
	1988	69	31	2573
<u>Age</u>				
< 20 yrs.	1986	77	23	122
	1987	75	25	66
	1988	87	13	126
20-24	1986	71	29	1018
	1987	78	22	473
	1988	75	25	706
25-29	1986	64	36	770
	1987	65	35	548
	1988	69	31	812
30-34	1986	56	44	495
	1987	64	36	434
	1988	63	37	601
35+	1986	51	49	608
	1987	57	43	575
	1988	56	44	796
<u>Time in Service</u>				
< 3 yrs.	1986	73	27	614
	1987	76	24	193
	1988	78	22	444
3-10	1986	63	37	1290
	1987	70	30	993
	1988	70	30	1265
11-20	1986	56	44	669
	1987	61	39	694
	1988	60	40	939
> 20	1986	49	51	147
	1987	57	43	150
	1988	54	46	219
<u>Community</u>				
Land	1986	60	40	1694
	1987	65	35	1228
	1988	66		1607
Surface	1986	69	31	1051
	1987	70	30	503
	1988	71	29	727
Sub	1986	61	39	132
	1987	70	30	123
	1988	71	29	107
Air	1986	66	34	141
	1987	67	33	146
	1988	75	25	120

WEIGHT HISTORY

1b. If YES, at what age did the problem of overweight first begin?

	<u>Yr.</u>	<u>Mean</u>	<u>SD</u>	<u>Range</u>	<u>N</u>
<u>Overall</u>	1986	19.73	8.39	1-50	1067
	1987	20.08	9.61	1-50	707
	1988	19.96	9.01	1-51	961
<u>Sex</u>					
Male	1986	20.13	8.67	1-50	888
	1987	20.31	9.91	1-50	609
	1988	20.43	9.36	1-51	811
Female	1986	17.78	6.57	1-39	179
	1987	18.56	7.15	1-36	93
	1988	17.45	6.26	2-35	150
<u>Rank</u>					
Officer	1986	22.60	10.64	1-50	146
	1987	22.04	11.39	1-46	89
	1988	21.08	10.97	1-46	120
Enlisted	1986	19.28	7.89	1-45	921
	1987	19.82	9.30	1-50	615
	1988	19.82	8.70	1-51	839
<u>Age</u>					
< 20	1986	13.10	3.47	5-18	32
	1987	10.54	4.34	4-19	22
	1988	12.55	2.85	8-17	21
20-24	1986	16.08	5.06	1-24	306
	1987	15.63	5.78	1-23	120
	1988	15.08	5.30	1-26	220
25-29	1986	18.12	6.62	1-29	268
	1987	18.32	7.01	1-29	196
	1988	18.32	6.93	1-29	236
30-34	1986	20.46	7.80	4-32	195
	1987	19.15	8.77	1-34	144
	1988	20.76	7.70	1-33	194
35+	1986	25.82	10.17	1-50	265
	1987	25.74	11.27	1-50	208
	1988	25.22	10.92	1-51	282
<u>Time in Service</u>					
< 3 years	1986	15.75	5.65	1-38	167
	1987	15.20	4.90	4-25	51
	1988	14.86	4.70	1-25	121
3-10	1986	17.68	6.80	1-39	463
	1987	17.19	7.24	1-34	309
	1988	17.52	6.86	1-35	360
11-20	1986	23.09	9.01	1-45	270
	1987	22.67	10.02	1-45	247
	1988	22.64	9.60	1-46	328
> 20	1986	28.95	10.22	5-50	67
	1987	31.17	11.18	1-50	54
	1988	27.83	11.30	2-51	82
<u>Community</u>					
Land	1986	20.22	8.56	1-50	654
	1987	20.80	10.15	1-50	410
	1988	19.86	9.39	1-51	504
Surface	1986	18.77	8.08	1-45	316
	1987	18.82	8.74	1-45	158
	1988	19.18	8.08	1-42	236
Sub	1986	18.37	7.82	3-34	50
	1987	18.44	6.94	3-33	36
	1988	18.60	7.05	1-34	30
Air	1986	21.01	8.22	8-42	46
	1987	19.71	7.57	5-43	46
	1988	19.72	9.43	1-41	26

WEIGHT HISTORY

2. Do you feel that you are currently overweight?

	Yr.	%					Mean	SD	N
		1 Not at all	2 Somewhat	3 Moderately	4 Quite a bit	5 Extremely			
Overall	1986	53	32	11	3	1	1.67	.85	3017
	1987	56	32	8	3	1	1.59	.80	2149
	1988	56	32	8	3	0	1.59	.80	3084
<u>Sex</u>									
Male	1986	55	31	10	3	0	1.63	.83	2689
	1987	58	31	8	3	0	1.56	.78	1879
	1988	59	31	7	3	0	1.55	.77	2688
Female	1986	37	39	17	4	2	1.95	.96	328
	1987	44	37	12	4	2	1.83	.95	261
	1988	38	42	12	5	2	1.91	.96	392
<u>Rank</u>									
Officer	1986	47	41	8	2	1	1.69	.79	346
	1987	54	35	9	2	0	1.59	.76	311
	1988	51	40	7	2	0	1.61	.73	488
Enlisted	1986	54	31	11	4	1	1.67	.86	2669
	1987	57	31	8	3	1	1.59	.81	1827
	1988	57	31	8	3	1	1.59	.81	2576
<u>Age</u>									
< 20 yrs.	1986	66	26	7	1	.	1.43	.66	121
	1987	76	17	6	0	.	1.31	.61	65
	1988	75	22	2	.	1	1.30	.59	126
20-24	1986	59	30	8	3	1	1.57	.81	1020
	1987	59	32	7	2	1	1.54	.77	474
	1988	60	31	5	3	1	1.55	.81	707
25-29	1986	51	33	12	4	1	1.71	.87	767
	1987	54	32	10	4	1	1.65	.85	545
	1988	54	32	10	3	0	1.63	.82	813
30-34	1986	49	33	13	4	1	1.75	.89	495
	1987	54	32	11	3	0	1.64	.82	432
	1988	51	35	10	4	0	1.67	.81	602
35+	1986	45	37	13	4	1	1.79	.88	609
	1987	54	35	8	4	0	1.63	.81	577
	1988	53	35	10	3	0	1.63	.79	797
<u>Time in Service</u>									
< 3 yrs.	1986	62	27	8	2	1	1.52	.79	613
	1987	66	28	5	1	.	1.41	.64	191
	1988	65	28	4	2	1	1.48	.79	445
3-10	1986	51	34	11	3	1	1.70	.87	1290
	1987	56	32	9	3	1	1.62	.83	992
	1988	55	33	9	3	0	1.61	.80	1266
11-20	1986	48	34	12	5	0	1.76	.88	666
	1987	55	33	8	4	0	1.63	.83	693
	1988	53	34	9	4	0	1.65	.82	940
> 20	1986	44	36	16	3	1	1.82	.90	148
	1987	59	34	5	1	0	1.49	.68	150
	1988	57	33	7	2	0	1.55	.74	220
<u>Community</u>									
Land	1986	52	33	11	3	1	1.68	.86	1691
	1987	57	31	8	3	0	1.58	.79	1225
	1988	54	33	8	3	1	1.63	.82	1609
Surface	1986	56	30	11	3	0	1.61	.82	1054
	1987	57	32	8	2	1	1.58	.80	503
	1988	62	27	7	4	1	1.55	.83	726
Sub	1986	36	42	16	6	.	1.91	.87	133
	1987	42	41	11	5	1	1.81	.88	123
	1988	46	41	10	2	0	1.70	.78	107
Air	1986	53	31	11	4	1	1.69	.90	139
	1987	56	29	10	5	.	1.65	.86	145
	1988	60	31	8	2	.	1.51	.71	121

WEIGHT HISTORY

3. During most of your childhood, how would you have described yourself with respect to your ideal weight?

	Yr.	%								
		1	2	3	4	5	6	Mean	SD	N
		Very Underweight	Somewhat Underweight	Ideal Weight	Slightly Overweight	Moderately Overweight	Extremely Overweight			
Overall	1986	5	30	47	13	5	1	2.85	.92	3021
	1987	3	31	48	13	4	1	2.86	.90	2153
	1988	4	29	50	12	4	1	2.87	.88	3074
Sex										
Male	1986	4	32	47	12	5	1	2.83	.91	2691
	1987	3	31	48	12	4	1	2.85	.89	1882
	1988	4	30	49	12	4	1	2.84	.88	2678
Female	1986	7	20	47	20	5	1	3.00	1.01	330
	1987	3	29	44	20	2	2	2.95	.94	262
	1988	3	21	55	14	8	0	3.04	.88	392
Rank										
Officer	1986	6	32	42	13	7	1	2.85	1.00	347
	1987	4	29	47	15	5	0	2.91	.91	311
	1988	2	30	47	15	6	0	2.94	.90	488
Enlisted	1986	4	30	47	13	4	1	2.85	.91	2672
	1987	3	31	48	13	3	1	2.86	.90	1831
	1988	4	29	50	12	4	1	2.86	.88	2566
Age										
< 20 yrs.	1986	5	34	41	13	6	1	2.86	1.01	122
	1987	2	31	55	10	3	.	2.81	.74	66
	1988	4	30	50	13	1	1	2.79	.84	123
20-24	1986	4	29	50	13	4	1	2.87	.89	1022
	1987	3	30	50	13	4	1	2.86	.86	473
	1988	4	29	50	13	4	1	2.86	.88	703
25-29	1986	4	30	47	14	4	1	2.88	.91	768
	1987	5	29	46	15	3	2	2.89	.97	548
	1988	4	27	53	11	5	1	2.89	.89	810
30-34	1986	6	29	46	13	6	1	2.88	.97	494
	1987	2	32	46	15	4	1	2.89	.89	432
	1988	3	31	47	13	4	1	2.86	.89	602
35+	1986	6	34	44	11	5	0	2.78	.93	610
	1987	4	31	48	11	4	1	2.83	.90	577
	1988	4	29	49	12	5	0	2.87	.89	797
Time in Service										
< 3 yrs.	1986	4	31	47	13	5	0	2.83	.89	614
	1987	2	29	54	12	3	1	2.86	.80	194
	1988	3	29	53	12	2	0	2.82	.80	444
3-10	1986	4	29	48	14	5	1	2.90	.94	1290
	1987	4	31	45	15	3	2	2.87	.93	992
	1988	4	28	50	12	5	1	2.89	.90	1262
11-20	1986	6	31	46	12	6	0	2.82	.94	669
	1987	2	32	48	12	5	1	2.88	.90	694
	1988	4	31	48	12	5	1	2.86	.91	940
> 20	1986	4	43	39	11	3	.	2.66	.85	147
	1987	8	26	52	12	2	.	2.75	.85	150
	1988	5	28	49	14	3	.	2.83	.85	219
Community										
Land	1986	5	30	46	14	5	1	2.86	.93	1695
	1987	4	32	47	13	3	1	2.83	.91	1228
	1988	4	27	50	13	5	1	2.90	.91	1606
Surface	1986	4	29	49	11	5	0	2.85	.90	1052
	1987	3	31	48	14	4	1	2.86	.88	503
	1988	3	31	50	12	2	1	2.81	.84	723
Sub	1986	2	41	35	14	6	2	2.87	1.02	133
	1987	3	32	46	15	3	2	2.90	.93	123
	1988	1	39	42	13	4	2	2.85	.92	107
Air	1986	9	27	47	13	4	.	2.76	.92	141
	1987	1	24	55	17	4	.	2.99	.78	146
	1988	5	29	49	14	3	.	2.81	.84	121

WEIGHT HISTORY

4. During most of your adolescence, how would you have described yourself with respect to your ideal weight?

	Yr.	Weight								
		1 Very Underweight	2 Somewhat Underweight	3 Ideal Weight	4 Slightly Overweight	5 Moderately Overweight	6 Extremely Overweight	Mean	SD	N
Overall	1986	3	28	50	15	4	1	2.91	.87	3014
	1987	2	27	52	14	5	1	2.94	.86	2149
	1988	2	27	51	14	4	1	2.92	.85	3072
Sex										
Male	1986	3	29	51	13	3	1	2.88	.85	2683
	1987	2	27	53	13	4	1	2.92	.85	1878
	1988	3	29	51	13	4	1	2.88	.84	2678
Female	1986	3	16	46	26	7	2	3.21	.97	331
	1987	2	21	50	21	6	1	3.11	.89	262
	1988	1	15	52	23	7	1	3.25	.88	390
Rank										
Officer	1986	4	31	46	13	4	1	2.85	.92	347
	1987	1	28	51	14	5	1	2.97	.85	310
	1988	1	27	53	15	4	0	2.94	.80	487
Enlisted	1986	3	27	51	15	4	1	2.92	.86	2665
	1987	2	26	52	14	4	1	2.94	.86	1829
	1988	3	27	51	14	4	1	2.92	.86	2566
Age										
< 20 yrs.	1986	3	33	47	13	2	2	2.86	.91	121
	1987	2	26	52	11	8	1	3.01	.92	66
	1988	2	31	51	14	2	.	2.82	.76	124
20-24	1986	2	25	54	15	3	1	2.93	.80	1022
	1987	2	27	54	12	4	0	2.91	.83	473
	1988	3	26	51	16	4	1	2.96	.87	705
25-29	1986	3	29	48	15	4	1	2.91	.90	765
	1987	3	26	49	17	5	1	3.00	.92	546
	1988	2	27	53	13	4	1	2.92	.86	811
30-34	1986	3	27	48	15	6	2	2.99	.97	495
	1987	2	27	52	15	4	1	2.95	.84	433
	1988	2	29	50	14	4	1	2.92	.87	600
35+	1986	4	30	49	14	3	0	2.83	.84	606
	1987	3	27	54	11	5	0	2.90	.84	574
	1988	3	27	53	13	4	0	2.90	.83	795
Time in Service										
< 3 yrs.	1986	2	28	51	16	2	1	2.92	.84	610
	1987	1	25	55	12	6	1	2.98	.84	193
	1988	2	28	51	15	4	0	2.92	.82	442
3-10	1986	2	27	50	15	5	1	2.96	.88	1287
	1987	2	28	49	16	4	1	2.94	.87	991
	1988	2	28	51	14	4	1	2.93	.86	1263
11-20	1986	4	28	49	13	4	1	2.88	.90	668
	1987	2	27	54	12	5	1	2.93	.86	692
	1988	3	29	49	13	5	1	2.92	.89	937
> 20	1986	3	36	49	10	2	.	2.71	.77	147
	1987	3	28	57	8	4	.	2.81	.79	150
	1988	3	25	56	14	2	.	2.86	.75	219
Community										
Land	1986	3	27	49	15	4	1	2.93	.89	1691
	1987	3	26	52	13	5	1	2.94	.89	1227
	1988	3	25	52	14	5	1	2.96	.87	1604
Surface	1986	2	27	54	13	4	1	2.92	.82	1051
	1987	2	27	53	14	4	0	2.92	.82	501
	1988	3	29	50	15	3	0	2.88	.82	722
Sub	1986	2	36	41	14	6	0	2.87	.93	133
	1987	0	32	48	16	3	1	2.93	.84	123
	1988	1	36	46	11	4	2	2.88	.92	107
Air	1986	7	29	46	14	4	.	2.78	.90	139
	1987	.	22	59	15	5	.	3.02	.74	145
	1988	3	29	54	10	5	.	2.83	.82	121

WEIGHT HISTORY

5 Considering most of your adulthood, how would you describe yourself with respect to your ideal weight?

	Yr.	1						Mean	SD	N
		1 Very Underweight	2 Somewhat Underweight	3 Ideal Weight	4 Slightly Overweight	5 Moderately Overweight	6 Extremely Overweight			
Overall	1986	1	13	48	33	5	1	3.31	.81	3020
	1987	1	12	50	31	6	0	3.30	.80	2149
	1988	1	11	49	33	6	1	3.32	.80	3075
<u>Sex</u>										
Male	1986	1	14	49	31	5	0	3.27	.80	2690
	1987	1	12	51	30	5	0	3.27	.80	1879
	1988	1	12	50	32	5	0	3.29	.79	2681
Female	1986	.	6	38	46	8	1	3.60	.79	330
	1987	.	6	47	38	8	0	3.49	.74	261
	1988	1	5	39	42	9	3	3.62	.87	390
<u>Rank</u>										
Officer	1986	1	6	51	37	5	0	3.40	.72	346
	1987	.	5	54	35	4	0	3.40	.67	310
	1988	0	7	52	37	5	.	3.40	.69	487
Enlisted	1986	1	14	47	32	5	1	3.30	.82	2672
	1987	1	13	50	30	6	0	3.28	.81	1828
	1988	1	12	48	32	6	1	3.32	.82	2568
<u>Age</u>										
< 20 yrs.	1986	1	24	47	26	2	1	3.05	.82	122
	1987	2	20	55	22	2	.	3.03	.75	66
	1988	3	14	60	20	2	1	3.05	.79	125
20-24	1986	1	15	49	30	5	0	3.24	.80	1023
	1987	1	16	50	27	6	0	3.21	.83	473
	1988	2	14	46	33	5	1	3.28	.84	704
25-29	1986	1	15	45	34	5	1	3.31	.84	768
	1987	1	10	48	33	7	0	3.35	.83	547
	1988	1	14	46	33	6	0	3.31	.81	810
30-34	1986	0	10	46	35	7	0	3.40	.80	496
	1987	0	10	50	34	5	1	3.34	.77	432
	1988	1	7	49	36	6	0	3.41	.75	600
35+	1986	0	7	50	36	6	1	3.43	.75	606
	1987	0	7	53	33	6	0	3.38	.74	574
	1988	0	7	51	33	7	1	3.42	.78	797
<u>Time in Service</u>										
< 3 yrs.	1986	1	18	50	27	5	0	3.18	.81	612
	1987	1	19	49	28	4	.	3.16	.80	193
	1988	2	16	49	30	3	1	3.18	.84	442
3-10	1986	1	13	45	35	6	1	3.34	.83	1293
	1987	1	14	48	31	6	0	3.28	.84	992
	1988	1	13	46	35	6	0	3.32	.81	1262
11-20	1986	0	10	48	35	.	0	3.39	.78	667
	1987	1	8	53	32	6	0	3.36	.76	691
	1988	0	8	50	33	8	1	3.43	.79	940
> 20	1986	.	7	54	30	9	.	3.41	.75	145
	1987	.	7	60	29	4	0	3.31	.67	150
	1988	.	7	56	33	3	0	3.34	.66	219
<u>Community</u>										
Land	1986	1	12	47	34	5	1	3.33	.81	1693
	1987	1	11	52	30	5	0	3.29	.78	1224
	1988	1	11	47	34	6	1	3.36	.83	1604
Surface	1986	0	15	50	30	5	0	3.24	.78	1053
	1987	1	14	50	28	6	1	3.25	.83	503
	1988	0	15	50	29	6	0	3.25	.80	724
Sub	1986	.	12	33	44	10	2	3.56	.88	133
	1987	.	12	40	40	7	0	3.44	.81	123
	1988	1	10	41	41	7	1	3.44	.83	107
Air	1986	1	18	45	29	8	.	3.26	.87	141
	1987	.	9	52	32	8	.	3.38	.76	146
	1988	1	8	57	31	3	.	3.26	.68	121

CURRENT PHYSICAL ACTIVITY

CURRENT PHYSICAL ACTIVITY

- o Overall (including those who said they never exercised), the average total kilocalories expended in exercise activities increased from about 2,100 kcals per week in 1986 to about 2,600 kcals per week in 1988.
- o The exercise activities most commonly engaged in were walking and running, followed by calisthenics and weight lifting.
- o Individual activities (e.g., running, calisthenics) were engaged in more frequently than group sports (e.g., basketball).
- o Enlisted personnel expended somewhat more kilocalories per week in exercise activities than did officers, younger individuals expended more kilocalories than did older individuals, and men expended more kilocalories than did women.
- o The exercise activities which people had been regularly engaged in for the longest time were running, continuous walking, and calisthenics.
- o Among the four communities, surface ship personnel favored continuous walking and weight lifting for exercise; the other groups more frequently reported running, swimming, bicycling, and racket sports.
- o Despite differences in the kinds of activities engaged in, there was no significant community difference in weekly kilocalorie expenditure.
- o Among the T1-T2-T3 Cohort, there were several statistically significant time effects indicating changes in exercise behavior from 1986 to 1988. Trends over this time frame indicated that:
 - * Total kilocalories expended in exercise activities per week increased.
 - * Frequency of exercise sessions per week increased for running, biking, and calisthenics and decreased for continuous walking, aerobic dance/exercise classes, basketball, and baseball.
 - * Duration of exercise sessions per week increased for running, swimming, biking,

racket sports, weight lifting, calisthenics, and baseball.

- * The length of time that people had been engaged in their exercise programs increased for running, swimming, biking, weight lifting, calisthenics, and baseball; this indicates continuity in people's exercise habits.

>>Note: In the following tables, there are periods (".") indicating no data for certain response options for the year 1986 (i.e., codes 2, 4, 6, and 7 for exercise frequency, codes 4, 6, and 7 for duration, and codes 5 and 6 for history). This is because the response scales were modified to provide more options in 1987 and 1988 (e.g., where 1986 offered a single option of "2 to 4 times per week," the 1987/1988 survey offered three: "2 times," "3 times," and "4 times per week"). The 1986 responses were recoded to be as comparable as possible with 1987 and 1988 (e.g., "2 to 4 times per week" was recoded to "3 times per week").

MEAN TOTAL KILOCALORIES EXPENDED PER WEEK IN ALL EXERCISE ACTIVITIES COMBINED

	<u>Yr.</u>	<u>Mean total kilocalories</u>	<u>SD</u>	<u>Range</u>	<u>N</u>
<u>Overall</u>	1986	2165	1781	0-13,041	2827
	1987	2638	2471	0-17,862	1708
	1988	2634	2556	0-21,232	2499
<u>Sex</u>					
Male	1986	2210	1812	0-13,041	2520
	1987	2736	2539	0-16,160	1498
	1988	2705	2643	0-21,232	2203
Female	1986	1800	1460	0-6733	307
	1987	1933	1782	0-17,862	204
	1988	2115	1696	0-12,464	294
<u>Rank</u>					
Officer	1986	2037	1512	0-7,060	310
	1987	2197	1699	0-12,420	193
	1988	2506	1699	0-9,293	268
Enlisted	1986	2182	1833	0-13,041	2515
	1987	2694	2551	0-17,862	1509
	1988	2647	2641	0-21,232	2220
<u>Age</u>					
< 20 yrs.	1986	3229	1951	0-9388	136
	1987	6006	3851	1,210-16,160	80
	1988	3489	2792	0-12,839	112
20-24	1986	2404	1885	0-13,041	1009
	1987	2794	2428	0-11,696	430
	1988	3010	3050	0-21,232	706
25-29	1986	2143	1772	0-10,687	717
	1987	2566	2212	0-14,705	430
	1988	2760	2563	0-15,946	637
30-34	1986	2065	1678	0-12,493	432
	1987	2289	1990	0-14,190	325
	1988	2347	2306	0-19,449	469
35+	1986	1559	1366	0-7,830	528
	1987	2164	2310	0-17,862	405
	1988	2088	1797	0-11,804	553
<u>Time in Service</u>					
< 3 yrs.	1986	2623	1979	0-13,041	597
	1987	4500	3488	0-16,160	191
	1988	3064	2616	0-15,704	424
3-10	1986	2210	1732	0-10,687	1225
	1987	2496	2172	0-14,705	788
	1988	2810	2836	0-21,232	1026
11-20	1986	1798	1626	0-12,493	579
	1987	2152	2006	0-17,862	528
	1988	2243	2179	0-19,449	722
> 20	1986	1418	1333	0-6,792	135
	1987	2505	3156	0-14,678	104
	1988	2091	1744	0-7,615	152
<u>Community</u>					
Land	1986	2197	1722	0-13,041	1593
	1987	2654	2608	0-17,862	976
	1988	2557	2207	0-13,634	1254
Surface	1986	2087	1878	0-12,493	986
	1987	2573	2323	0-10,791	409
	1988	2839	3193	0-21,232	669
Sub	1986	2439	1750	0-8,485	111
	1987	2780	2474	0-13,359	104
	1988	2488	2238	0-9,959	92
Air	1986	2138	1748	0-7,137	136
	1987	2343	2069	0-14,190	109
	1988	2547	2712	0-11,514	91

MEAN KILOCALORIES EXPENDED PER WEEK IN EACH OF 9 EXERCISE ACTIVITIES

	Yr.	Mean (SD)								
		Running	Swimming	Bicycling	Racket ball	Walking	Aerobics	Calis-thenics	Weight lifting	Basket-ball
Overall	1986	505 (694)	176 (367)	170 (351)	197 (463)	427 (485)	66 (240)	149 (252)	272 (447)	242 (537)
	1987	620 (880)	225 (483)	262 (596)	269 (710)	533 (815)	72 (258)	191 (348)	352 (650)	303 (742)
	1988	599 (883)	289 (586)	297 (612)	234 (585)	457 (731)	71 (294)	175 (316)	387 (690)	331 (803)
Sex										
Male	1986	517 (697)	179 (369)	169 (353)	207 (475)	424 (485)	42 (192)	154 (257)	284 (456)	266 (560)
	1987	645 (895)	225 (482)	274 (619)	284 (716)	538 (831)	51 (223)	198 (358)	367 (664)	333 (772)
	1988	618 (705)	296 (596)	300 (619)	245 (603)	458 (742)	48 (249)	178 (321)	411 (716)	362 (837)
Female	1986	400 (662)	148 (343)	171 (334)	117 (345)	448 (486)	255 (431)	102 (195)	172 (358)	39 (185)
	1987	403 (721)	227 (499)	163 (356)	141 (444)	490 (681)	263 (412)	129 (222)	216 (498)	53 (338)
	1988	443 (659)	234 (496)	271 (553)	140 (402)	448 (635)	262 (498)	153 (278)	197 (377)	80 (349)
Rank										
Officer	1986	801 (852)	133 (301)	177 (324)	269 (539)	242 (346)	88 (264)	100 (189)	196 (356)	108 (327)
	1987	868 (992)	223 (442)	228 (428)	305 (683)	233 (419)	110 (369)	117 (225)	210 (440)	107 (336)
	1988	858 (958)	249 (457)	302 (460)	316 (548)	286 (464)	90 (352)	138 (228)	248 (368)	125 (330)
Enlisted	1986	469 (664)	181 (373)	169 (354)	189 (453)	449 (495)	63 (237)	154 (258)	281 (456)	257 (555)
	1987	593 (864)	226 (489)	266 (489)	265 (715)	565 (841)	68 (243)	199 (358)	366 (665)	326 (772)
	1988	568 (867)	292 (598)	294 (624)	223 (582)	474 (751)	69 (287)	179 (323)	401 (706)	350 (830)
Age										
< 20 yrs.	1986	693 (610)	281 (476)	145 (333)	260 (542)	655 (503)	62 (233)	255 (304)	434 (553)	452 (700)
	1987	1335 (1099)	465 (882)	580 (996)	432 (940)	1355 (1118)	161 (342)	477 (486)	607 (796)	545 (1028)
	1988	729 (933)	555 (868)	353 (690)	202 (607)	502 (858)	48 (202)	222 (372)	633 (820)	584 (1016)
20-24	1986	456 (654)	196 (377)	156 (341)	186 (420)	509 (519)	74 (265)	173 (278)	379 (514)	306 (596)
	1987	487 (681)	261 (526)	241 (589)	241 (571)	604 (916)	78 (274)	206 (384)	538 (833)	424 (883)
	1988	529 (867)	282 (589)	316 (674)	243 (574)	472 (782)	78 (333)	190 (342)	578 (851)	450 (782)
25-29	1986	502 (709)	171 (341)	202 (382)	222 (502)	358 (449)	78 (257)	157 (263)	273 (445)	217 (485)
	1987	603 (897)	194 (437)	237 (521)	277 (676)	489 (774)	78 (256)	192 (343)	353 (623)	316 (752)
	1988	593 (822)	265 (504)	291 (631)	272 (639)	434 (7120)	87 (317)	199 (359)	417 (682)	347 (770)
30-34	1986	560 (740)	157 (387)	180 (366)	193 (479)	421 (496)	60 (211)	127 (224)	174 (328)	211 (544)
	1987	608 (879)	189 (328)	272 (588)	252 (742)	438 (712)	82 (277)	157 (276)	267 (540)	267 (645)
	1988	643 (1006)	262 (636)	286 (581)	204 (543)	411 (678)	65 (292)	148 (252)	248 (524)	260 (712)
35+	1986	516 (721)	131 (320)	151 (316)	171 (449)	307 (395)	37 (178)	80 (152)	101 (250)	115 (358)
	1987	664 (968)	197 (457)	244 (589)	282 (826)	428 (663)	37 (206)	149 (309)	152 (348)	132 (462)
	1988	617 (853)	276 (515)	266 (480)	2065 (551)	486 (679)	50 (212)	135 (243)	126 (327)	121 (406)
Time in Service										
< 3 yrs.	1986	493 (640)	221 (426)	164 (370)	193 (434)	571 (537)	76 (274)	188 (278)	385 (503)	362 (646)
	1987	871 (1066)	360 (748)	392 (819)	327 (817)	966 (1127)	124 (358)	302 (436)	494 (796)	571 (988)
	1988	557 (832)	339 (685)	281 (606)	237 (616)	553 (863)	53 (255)	197 (324)	600 (856)	487 (946)
3-10	1986	496 (689)	180 (354)	172 (339)	210 (472)	403 (472)	80 (263)	161 (264)	302 (471)	239 (527)
	1987	535 (775)	228 (483)	236 (533)	237 (569)	496 (778)	71 (238)	178 (337)	417 (708)	331 (772)
	1988	584 (864)	245 (481)	314 (653)	263 (605)	412 (688)	87 (326)	190 (349)	456 (737)	354 (863)
11-20	1986	526 (744)	153 (369)	172 (346)	186 (474)	343 (435)	39 (176)	104 (203)	137 (305)	175 (472)
	1987	624 (915)	183 (387)	238 (549)	272 (778)	408 (689)	71 (275)	147 (256)	213 (463)	172 (506)
	1988	626 (942)	272 (588)	268 (526)	227 (585)	442 (691)	57 (239)	151 (275)	203 (460)	193 (574)
> 20	1986	518 (717)	87 (204)	144 (343)	195 (508)	293 (396)	4 (35)	87 (139)	95 (223)	92 (331)
	1987	785 (1030)	148 (348)	299 (709)	395 (1066)	457 (631)	13 (103)	253 (481)	159 (332)	265 (745)
	1988	662 (885)	344 (585)	288 (517)	145 (471)	418 (552)	39 (219)	136 (217)	118 (317)	110 (291)
Community										
Land	1986	570 (725)	180 (375)	171 (342)	224 (498)	374 (462)	78 (256)	153 (247)	245 (418)	255 (558)
	1987	644 (864)	236 (537)	264 (585)	286 (769)	503 (764)	89 (285)	196 (357)	292 (572)	304 (781)
	1988	648 (890)	329 (644)	310 (609)	241 (591)	398 (634)	78 (299)	166 (287)	339 (606)	317 (751)
Surface	1986	377 (613)	144 (310)	152 (352)	153 (407)	535 (520)	58 (237)	141 (259)	314 (483)	235 (522)
	1987	550 (922)	174 (347)	263 (633)	225 (649)	674 (965)	39 (181)	195 (345)	442 (766)	309 (713)
	1988	511 (891)	242 (553)	283 (661)	173 (480)	567 (866)	68 (317)	187 (345)	513 (838)	423 (971)
Sub	1986	601 (722)	254 (378)	214 (395)	225 (460)	414 (426)	21 (115)	195 (286)	267 (437)	195 (496)
	1987	503 (726)	290 (505)	230 (530)	353 (697)	403 (685)	63 (261)	181 (332)	427 (689)	289 (597)
	1988	470 (670)	186 (340)	332 (595)	431 (699)	411 (731)	44 (215)	138 (283)	393 (676)	220 (462)
Air	1986	597 (737)	295 (563)	245 (394)	179 (415)	269 (377)	12 (56)	111 (211)	288 (495)	170 (419)
	1987	467 (743)	220 (421)	272 (609)	246 (543)	413 (702)	68 (236)	165 (375)	356 (653)	292 (691)
	1988	483 (789)	297 (579)	334 (680)	287 (600)	596 (879)	65 (201)	178 (384)	254 (575)	142 (488)

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

1. Running

	Yr.	%								Mean	SD	N
		0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7+ 7+ times per wk.			
Overall	1986	32	36	.	26	.	6	.	.	1.44	1.45	2843
	1987	26	34	12	14	6	5	1	1	1.63	1.57	2115
	1988	25	37	11	15	6	4	1	1	1.59	1.52	3054
Sex												
Male	1986	30	37	.	27	.	6	.	.	1.47	1.44	2538
	1987	24	35	12	15	6	5	1	1	1.68	1.57	1855
	1988	24	37	12	15	6	4	1	1	1.63	1.53	2664
Female	1986	46	29	.	19	.	6	.	.	1.16	1.48	305
	1987	46	27	10	8	4	4	1	.	1.12	1.45	251
	1988	35	32	10	14	5	3	0	0	1.33	1.42	386
Rank												
Officer	1986	26	27	.	39	.	9	.	.	1.87	1.57	327
	1987	21	27	15	18	12	5	1	2	2.02	1.69	302
	1988	20	28	14	17	11	6	2	1	2.01	1.67	481
Enlisted	1986	32	37	.	25	.	5	.	.	1.39	1.43	2514
	1987	27	35	12	14	5	5	1	1	1.58	1.55	1802
	1988	26	38	11	14	5	4	1	1	1.54	1.50	2553
Age												
< 20 yrs.	1986	13	31	.	50	.	6	.	.	2.08	1.36	119
	1987	5	14	23	36	13	7	2	2	2.72	1.39	66
	1988	21	30	14	20	8	7	.	1	1.89	1.57	126
20-24	1986	30	42	.	23	.	5	.	.	1.37	1.39	965
	1987	26	43	10	11	4	4	1	0	1.42	1.43	464
	1988	23	44	12	12	4	3	1	1	1.47	1.43	702
25-29	1986	33	33	.	26	.	7	.	.	1.46	1.50	721
	1987	26	34	14	13	7	5	1	1	1.61	1.54	539
	1988	24	37	11	15	7	4	1	0	1.61	1.49	807
30-34	1986	33	32	.	29	.	6	.	.	1.46	1.47	464
	1987	30	32	11	13	6	6	1	1	1.57	1.61	427
	1988	29	33	10	16	6	4	1	1	1.60	1.61	601
35+	1986	35	34	.	25	.	6	.	.	1.37	1.45	569
	1987	27	31	11	16	6	5	2	1	1.71	1.67	563
	1988	29	32	11	15	7	5	2	0	1.62	1.58	780
Time in Service												
< 3 yrs.	1986	26	41	.	29	.	4	.	.	1.49	1.37	578
	1987	20	31	14	20	7	6	2	1	1.93	1.61	192
	1988	23	40	12	18	4	2	1	1	1.52	1.38	442
3-10	1986	33	36	.	26	.	6	.	.	1.40	1.44	1214
	1987	27	38	13	12	6	4	1	0	1.50	1.47	976
	1988	25	39	11	14	6	4	1	1	1.58	1.50	1259
11-20	1986	34	35	.	24	.	6	.	.	1.40	1.48	609
	1987	28	33	10	15	6	5	1	1	1.64	1.64	686
	1988	30	31	11	16	6	4	2	1	1.60	1.61	928
> 20	1986	36	32	.	27	.	5	.	.	1.38	1.45	142
	1987	24	29	9	22	8	7	2	.	1.91	1.66	142
	1988	28	32	10	13	6	9	1	.	1.69	1.66	216
Community												
Land	1986	29	33	.	31	.	7	.	.	1.60	1.50	1611
	1987	24	33	13	16	7	6	1	1	1.73	1.59	1202
	1988	23	34	11	19	6	5	1	1	1.74	1.55	1591
Surface	1986	37	41	.	18	.	4	.	.	1.12	1.28	978
	1987	33	34	13	9	5	3	2	1	1.37	1.53	493
	1988	30	41	9	10	5	2	1	1	1.34	1.46	721
Sub	1986	29	30	.	32	.	8	.	.	1.67	1.56	118
	1987	29	41	7	13	5	4	0	.	1.36	1.38	122
	1988	27	46	13	3	8	2	.	0	1.27	1.30	108
Air	1986	23	42	.	26	.	8	.	.	1.62	1.50	136
	1987	27	46	6	13	6	1	1	.	1.31	1.31	144
	1988	30	35	13	14	2	3	2	0	1.43	1.48	118

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

2. Swimming

Swimming		Yr.	%								Mean	SD	N
			0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
Overall	1986	59	32	.	8	.	2	.	.	.64	1.02	2798	
	1987	52	36	6	3	1	1	0	0	.73	1.07	2064	
	1988	50	35	6	4	2	1	0	1	.83	1.23	2984	
Sex													
Male	1986	58	33	.	8	.	2	.	.	.65	1.03	2491	
	1987	51	36	6	3	1	1	0	0	.73	1.07	1805	
	1988	49	35	7	4	2	1	0	1	.85	1.24	2603	
Female	1986	64	28	.	6	.	2	.	.	.54	.98	307	
	1987	54	31	7	3	3	0	1	.	.75	1.13	250	
	1988	54	36	3	3	1	2	1	0	.71	1.12	377	
Rank													
Officer	1986	67	26	.	6	.	1	.	.	.51	.94	315	
	1987	48	36	6	5	3	2	.	0	.85	1.19	292	
	1988	46	36	9	4	2	3	0	0	.90	1.21	466	
Enlisted	1986	58	33	.	8	.	2	.	.	.65	1.03	2481	
	1987	52	36	6	3	1	1	0	0	.72	1.06	1761	
	1988	50	35	6	4	2	1	0	1	.82	1.23	2499	
Age													
< 20 yrs.	1986	39	46	.	13	.	3	.	.	.97	1.15	118	
	1987	19	56	11	5	2	6	.	2	1.43	1.44	66	
	1988	32	43	7	9	6	2	1	1	1.28	1.41	124	
20-24	1986	54	36	.	9	.	2	.	.	.71	1.05	957	
	1987	51	35	6	5	1	1	0	0	.76	1.09	460	
	1988	49	37	5	4	1	1	0	1	.81	1.20	695	
25-29	1986	58	32	.	8	.	2	.	.	.65	1.03	716	
	1987	56	32	6	3	2	1	0	1	.67	1.07	526	
	1988	51	34	7	5	2	1	0	0	.79	1.11	792	
30-34	1986	64	30	.	4	.	2	.	.	.54	.98	452	
	1987	54	36	5	3	1	1	.	.	.64	.90	416	
	1988	56	31	6	3	2	2	0	1	.74	1.23	585	
35+	1986	69	23	.	7	.	1	.	.	.47	.90	550	
	1987	53	35	6	3	1	1	0	1	.71	1.07	540	
	1988	49	35	7	4	2	2	0	1	.88	1.32	751	
Time in Service													
< 3 yrs.	1986	52	37	.	8	.	2	.	.	.75	1.09	573	
	1987	41	43	6	4	1	3	.	1	.99	1.32	191	
	1988	46	37	7	5	2	2	.	1	.91	1.25	439	
3-10	1986	56	34	.	8	.	2	.	.	.68	1.05	1208	
	1987	54	33	6	4	1	1	0	0	.72	1.09	960	
	1988	52	35	6	4	1	1	1	0	.77	1.14	1233	
11-20	1986	67	25	.	7	.	2	.	.	.52	.98	598	
	1987	54	36	4	3	2	1	.	0	.67	1.01	670	
	1988	53	32	6	4	2	1	0	1	.77	1.20	901	
> 20	1986	71	25	.	3	.	0	.	.	.38	.73	129	
	1987	49	43	4	1	2	0	.	.	.64	.83	133	
	1988	45	33	9	6	2	2	1	3	1.12	1.61	204	
Community													
Land	1986	58	31	.	8	.	2	.	.	.66	1.04	1588	
	1987	50	37	6	3	2	2	0	1	.79	1.17	1166	
	1988	47	36	6	5	2	2	0	1	.92	1.30	1549	
Surface	1986	62	31	.	6	.	1	.	.	.54	.91	961	
	1987	59	32	6	2	1	0	.	.	.56	.82	465	
	1988	55	34	5	3	1	1	0	1	.69	1.10	712	
Sub	1986	44	41	.	13	.	2	.	.	.89	1.11	116	
	1987	45	43	4	4	3	1	.	1	.83	1.17	122	
	1988	54	34	7	2	3	.	0	.	.68	.97	107	
Air	1986	50	35	.	10	.	5	.	.	.90	1.32	133	
	1987	53	35	5	5	2	1	.	.	.69	.96	141	
	1988	41	41	8	5	1	1	1	1	1.02	1.36	115	

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

3. Bicycling

		Yr.	%								Mean	SD	N
			0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
Overall		1986	61	24	.	11	.	4	.	.	.77	1.30	2797
		1987	59	23	6	4	2	3	1	2	.92	1.59	2067
		1988	53	24	7	5	3	3	1	3	1.08	1.71	2980
Sex													
Male		1986	62	24	.	10	.	5	.	.	.77	1.30	2489
		1987	59	23	6	3	3	3	1	3	.94	1.63	1809
		1988	53	24	8	5	3	3	1	3	1.08	1.71	2598
Female		1986	57	25	.	15	.	3	.	.	.83	1.26	308
		1987	58	27	6	5	1	3	0	0	.76	1.23	249
		1988	54	25	5	7	3	3	1	3	1.05	1.67	378
Rank													
Officer		1986	53	32	.	11	.	3	.	.	.82	1.22	315
		1987	48	34	7	5	2	2	1	1	.93	1.34	289
		1988	39	35	11	7	4	2	1	1	1.17	1.42	467
Enlisted		1986	62	23	.	11	.	4	.	.	.77	1.31	2480
		1987	60	22	6	3	3	3	1	3	.91	1.62	1767
		1988	55	23	7	4	3	3	1	3	1.07	1.74	2494
Age													
< 20 yrs.		1986	66	21	.	9	.	3	.	.	.64	1.17	118
		1987	54	15	8	5	6	7	2	5	1.43	2.07	66
		1988	56	20	12	5	2	1	.	4	1.00	1.62	122
20-24		1986	65	22	.	9	.	4	.	.	.71	1.27	957
		1987	64	21	6	1	3	2	1	2	.77	1.46	456
		1988	57	22	6	4	3	3	2	4	1.11	1.86	695
25-29		1986	58	24	.	12	.	6	.	.	.88	1.39	714
		1987	60	21	6	5	2	2	1	3	.90	1.58	527
		1988	56	24	6	5	2	2	1	3	1.00	1.66	790
30-34		1986	57	27	.	11	.	5	.	.	.85	1.35	452
		1987	57	24	6	4	2	4	2	1	.95	1.59	420
		1988	50	26	6	4	4	4	2	2	1.13	1.68	586
35+		1986	59	27	.	11	.	3	.	.	.74	1.19	551
		1987	55	29	6	3	2	1	1	3	.95	1.62	543
		1988	49	27	9	6	3	4	1	2	1.09	1.58	749
Time in Service													
< 3 yrs.		1986	66	21	.	9	.	4	.	.	.69	1.26	573
		1987	60	20	5	3	4	3	1	4	1.02	1.78	189
		1988	61	20	5	4	2	3	0	4	.96	1.76	438
3-10		1986	60	24	.	11	.	5	.	.	.81	1.33	1201
		1987	60	22	7	4	2	2	1	2	.84	1.48	960
		1988	54	23	7	5	3	3	2	3	1.10	1.74	1238
11-20		1986	58	27	.	11	.	4	.	.	.81	1.30	597
		1987	56	27	5	3	1	4	2	2	.94	1.61	672
		1988	50	28	7	4	3	3	1	2	1.08	1.62	896
> 20		1986	62	25	.	9	.	1	.	.	.70	1.21	132
		1987	58	24	2	4	6	.	.	6	1.05	1.85	132
		1988	47	26	10	8	1	5	1	2	1.21	1.67	205
Community													
Land		1986	59	26	.	12	.	4	.	.	.80	1.29	1587
		1987	57	24	6	4	3	3	1	3	.97	1.64	1168
		1988	50	26	8	6	3	3	1	3	1.12	1.68	1548
Surface		1986	67	22	.	8	.	4	.	.	.65	1.22	959
		1987	63	21	6	3	2	2	1	2	.81	1.53	483
		1988	59	23	5	3	3	2	2	2	.99	1.75	712
Sub		1986	57	19	.	15	.	9	.	.	1.08	1.61	115
		1987	61	22	8	3	2	.	1	2	.82	1.48	122
		1988	49	26	10	4	4	3	3	2	1.17	1.69	108
Air		1986	53	25	.	16	.	1	.	.	1.06	1.50	136
		1987	57	27	7	2	3	2	1	2	.85	1.50	143
		1988	57	19	8	3	2	4	3	4	1.19	1.98	116

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

4. Racket Sports

		%								Mean	SD	N
		0	1	2	3	4	5	6	7			
		Never	1-4 times per mo.	2 times per wk.	3 times per wk.	4 times per wk.	5 times per wk.	6 times per wk.	7+ times per wk.			
Overall	1986	73	18	.	7	.	1	.	.	.46	.98	2776
	1987	74	16	3	2	2	1	0	1	.46	1.05	2041
	1988	73	20	3	2	1	1	0	0	.43	.91	2949
<u>Sex</u>												
Male	1986	72	19	.	8	.	2	.	.	.49	1.01	2472
	1987	73	18	3	3	2	1	0	1	.49	1.09	1782
	1988	72	21	4	2	1	1	0	0	.45	.94	2574
Female	1986	82	14	.	3	.	1	.	.	.27	.73	304
	1987	83	13	1	2	1	0	.	.	.25	.67	250
	1988	80	16	2	1	0	0	0	0	.27	.69	371
<u>Rank</u>												
Officer	1986	68	19	.	11	.	1	.	.	.59	1.09	313
	1987	69	22	4	2	2	0	.	0	.49	.98	288
	1988	63	29	4	3	1	0	.	0	.52	.86	462
Enlisted	1986	74	18	.	7	.	1	.	.	.45	.97	2461
	1987	74	17	3	2	1	1	0	1	.46	1.06	1742
	1988	74	19	3	2	1	1	0	0	.41	.91	2468
<u>Age</u>												
< 20 yrs.	1986	67	22	.	9	.	2	.	.	.60	1.09	117
	1987	64	12	11	6	2	2	2	2	.87	1.53	66
	1988	77	15	4	1	2	1	.	.	.38	.89	121
20-24	1986	71	22	.	6	.	1	.	.	.46	.93	951
	1987	71	21	3	3	1	.	0	0	.43	.87	449
	1988	69	23	4	2	1	0	0	0	.46	.92	691
25-29	1986	73	18	.	8	.	2	.	.	.50	1.03	710
	1987	71	21	2	3	2	1	0	0	.49	1.03	520
	1988	70	22	4	2	1	1	0	0	.47	.95	780
30-34	1986	75	17	.	6	.	2	.	.	.46	1.03	449
	1987	77	16	3	1	1	0	0	1	.41	1.04	420
	1988	74	20	2	2	1	1	0	.	.39	.85	584
35+	1986	80	12	.	7	.	1	.	.	.39	.95	544
	1987	79	13	2	2	2	2	.	1	.45	1.18	531
	1988	78	15	3	2	1	1	0	0	.37	.89	738
<u>Time in Service</u>												
< 3 yrs.	1986	71	20	.	7	.	1	.	.	.47	.94	566
	1987	69	19	4	3	2	1	1	.	.58	1.17	189
	1988	73	19	4	1	2	0	0	0	.44	.97	432
3-10	1986	71	20	.	7	.	2	.	.	.49	.99	1196
	1987	72	21	2	3	1	0	0	0	.41	.87	953
	1988	69	23	4	2	1	1	0	0	.47	.92	1222
11-20	1986	78	13	.	7	.	2	.	.	.44	1.03	593
	1987	78	14	3	2	2	1	0	1	.45	1.13	656
	1988	75	18	3	2	1	1	0	0	.41	.92	892
> 20	1986	79	12	.	7	.	2	.	.	.42	1.00	131
	1987	73	16	3	3	1	.	.	4	.63	1.48	132
	1988	83	12	2	2	.	0	0	.	.25	.70	203
<u>Community</u>												
Land	1986	72	19	.	8	.	2	.	.	.51	1.04	1575
	1987	73	17	4	3	1	1	0	1	.49	1.13	1152
	1988	72	20	4	2	1	1	0	0	.43	.90	1527
Surface	1986	78	16	.	5	.	1	.	.	.36	.86	951
	1987	77	17	0	2	2	1	1	0	.39	.98	480
	1988	76	18	3	1	1	0	0	0	.35	.83	706
Sub	1986	64	27	.	7	.	2	.	.	.57	1.01	116
	1987	68	19	7	2	354	.98	120
	1988	56	31	6	3	469	1.01	107
Air	1986	73	19	.	8	.	1	.	.	.45	.93	134
	1987	69	23	4	1	2	1	.	.	.43	.83	141
	1988	66	25	2	4	1	1	.	.	.57	.96	116

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

5. Continuous Walking

		%								Mean	SD	N
		0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
<u>Overall</u>	1986	25	25	.	21	.	29	.	.	2.33	1.99	2798
	1987	37	22	9	7	4	5	2	14	2.16	2.51	2054
	1988	37	22	9	8	5	5	2	11	1.98	2.33	2980
<u>Sex</u>												
Male	1986	25	25	.	21	.	29	.	.	2.31	1.99	2493
	1987	38	21	9	6	4	5	2	15	2.16	2.55	1797
	1988	39	22	9	8	5	5	2	11	1.95	2.34	2599
Female	1986	23	25	.	21	.	31	.	.	2.43	2.00	305
	1987	23	29	14	10	6	6	2	9	2.19	2.18	248
	1988	27	28	11	9	6	4	4	10	2.18	2.27	377
<u>Rank</u>												
Officer	1986	35	35	.	19	.	11	.	.	1.47	1.64	317
	1987	44	32	10	4	2	3	1	2	1.15	1.61	287
	1988	42	30	9	8	4	3	1	4	1.36	1.81	464
Enlisted	1986	24	24	.	21	.	31	.	.	2.43	2.01	2479
	1987	36	21	9	7	4	6	2	16	2.27	2.56	1756
	1988	37	22	9	8	5	5	2	11	2.04	2.38	2497
<u>Age</u>												
< 20 yrs.	1986	11	12	.	22	.	55	.	.	3.54	1.84	117
	1987	20	9	2	6	.	0	.	63	4.72	3.06	66
	1988	43	19	5	4	6	2	3	17	2.16	2.69	122
20-24	1986	21	22	.	20	.	36	.	.	2.64	2.03	955
	1987	39	18	8	6	5	4	2	18	2.27	2.65	459
	1988	41	19	8	6	6	4	1	15	2.08	2.52	692
25-29	1986	29	27	.	20	.	25	.	.	2.08	1.96	709
	1987	41	20	10	4	4	7	3	12	2.02	2.46	521
	1988	41	22	8	8	4	6	3	9	1.87	2.31	788
30-34	1986	26	25	.	23	.	26	.	.	2.25	1.95	457
	1987	39	23	8	8	3	6	2	10	1.89	2.32	417
	1988	36	24	10	10	4	5	2	8	1.84	2.18	584
35+	1986	30	32	.	21	.	17	.	.	1.81	1.80	555
	1987	31	28	12	8	4	6	3	7	1.92	2.14	537
	1988	28	27	12	12	6	6	2	8	2.03	2.11	756
<u>Time in Service</u>												
< 3 yrs.	1986	18	20	.	20	.	43	.	.	2.93	2.02	572
	1987	32	12	5	3	3	2	1	40	3.45	3.16	189
	1988	39	18	7	7	5	3	3	18	2.28	2.66	433
3-10	1986	27	25	.	20	.	28	.	.	2.23	2.00	1199
	1987	40	20	10	6	4	6	2	12	2.01	2.44	955
	1988	41	22	8	7	4	6	2	10	1.85	2.32	1228
11-20	1986	28	30	.	23	.	19	.	.	1.95	1.84	606
	1987	37	29	8	7	4	5	1	9	1.79	2.22	663
	1988	33	26	11	10	6	5	1	8	1.88	2.12	902
> 20	1986	33	29	.	21	.	17	.	.	1.76	1.82	131
	1987	29	24	15	9	5	9	8	1	2.01	2.01	136
	1988	30	27	10	17	4	5	2	5	1.83	1.93	209
<u>Community</u>												
Land	1986	28	27	.	20	.	25	.	.	2.10	1.95	1580
	1987	35	23	9	7	4	6	2	13	2.13	2.45	1162
	1988	37	23	10	8	5	5	2	9	1.88	2.23	1552
Surface	1986	20	21	.	21	.	38	.	.	2.76	2.02	964
	1987	35	20	7	7	4	6	2	20	2.51	2.73	492
	1988	34	22	8	9	5	5	2	15	2.28	2.52	713
Sub	1986	23	23	.	24	.	30	.	.	2.52	1.97	118
	1987	48	15	14	2	5	4	3	10	1.74	2.37	120
	1988	47	22	5	7	4	5	2	8	1.64	2.25	107
Air	1986	27	37	.	20	.	15	.	.	1.73	1.72	136
	1987	42	21	14	3	2	5	3	9	1.73	2.28	142
	1988	37	21	7	6	8	1	2	20	2.35	2.70	114

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

6. Aerobic Dance/Exercise Class

		f								Mean	SD	N
		0	1	2	3	4	5	6	7			
		Never	1-4 times per mo.	2 times per wk.	3 times per wk.	4 times per wk.	5 times per wk.	6 times per wk.	7+ times per wk.			
<u>Overall</u>	1986	86	7	.	5	.	1	.	.	.28	.85	2766
	1987	87	6	3	3	0	0	0	0	.26	.81	2041
	1988	88	6	2	2	1	0	0	0	.25	.85	2957
<u>Sex</u>												
Male	1986	90	6	.	3	.	1	.	.	.20	.73	2462
	1987	91	4	2	2	0	0	0	0	.19	.71	1780
	1988	92	4	1	2	1	0	0	0	.17	.72	2574
Female	1986	58	20	.	20	.	3	.	.	.93	1.34	304
	1987	55	19	11	12	1	2	.	.	.89	1.21	252
	1988	62	17	8	9	2	2	1	0	.83	1.35	379
<u>Rank</u>												
Officer	1986	85	7	.	7	.	1	.	.	.32	.88	307
	1987	86	6	3	3	1	0	.	0	.31	.92	287
	1988	90	5	2	2	1	0	0	0	.24	.86	460
Enlisted	1986	87	8	.	5	.	1	.	.	.28	.85	2457
	1987	87	6	3	3	0	0	0	0	.26	.80	1743
	1988	88	6	2	2	1	0	0	0	.25	.85	2477
<u>Age</u>												
< 20 yrs.	1986	88	5	.	6	.	1	.	.	.28	.86	116
	1987	75	5	6	12	.	.	2	.	.64	1.26	65
	1988	89	7	2	1	119	.64	123
20-24	1986	85	9	.	5	.	2	.	.	.31	.91	948
	1987	86	6	4	3	1	1	.	0	.29	.83	450
	1988	88	6	3	2	1	0	1	0	.27	.91	687
25-29	1986	84	9	.	6	.	1	.	.	.33	.89	706
	1987	85	7	3	3	.	1	1	.	.30	.87	523
	1988	85	7	3	3	0	1	0	1	.32	.96	789
30-34	1986	87	7	.	6	.	1	.	.	.28	.84	450
	1987	87	5	4	3	1	1	.	.	.27	.80	415
	1988	90	4	2	3	0	0	0	0	.22	.81	577
35+	1986	93	4	.	3	.	1	.	.	.16	.66	541
	1987	94	3	1	2	0	0	.	0	.12	.57	532
	1988	92	4	1	2	1	0	.	.	.17	.64	743
<u>Time in Service</u>												
< 3 yrs.	1986	84	9	.	5	.	2	.	.	.35	.98	568
	1987	79	6	6	7	1	.	1	0	.40	1.09	187
	1988	89	6	2	2	1	.	0	0	.20	.71	436
3-10	1986	85	8	.	6	.	1	.	.	.32	.91	1192
	1987	86	7	4	2	0	1	0	.	.28	.81	949
	1988	86	7	3	2	1	1	0	0	.31	.95	1227
11-20	1986	92	4	.	3	.	1	.	.	.18	.69	592
	1987	89	5	1	3	0	0	.	0	.22	.75	662
	1988	90	5	1	3	1	0	0	0	.21	.76	894
> 20	1986	98	202	.13	128
	1987	98	2	.	003	.23	132
	1988	96	0	1	2	111	.58	201
<u>Community</u>												
Land	1986	84	9	.	6	.	1	.	.	.32	.89	1562
	1987	84	7	4	4	0	1	0	0	.34	.93	1155
	1988	87	6	2	2	1	1	0	0	.27	.86	1532
Surface	1986	88	6	.	4	.	2	.	.	.26	.86	958
	1987	91	4	2	2	0	0	.	0	.16	.60	478
	1988	88	7	2	2	.	0	0	0	.23	.83	707
Sub	1986	93	6	.	109	.37	115
	1987	90	5	2	2	120	.67	120
	1988	92	3	1	2	321	.78	108
Air	1986	93	5	.	1	.	1	.	.	.12	.58	131
	1987	88	6	2	321	.65	138
	1988	88	3	3	6	028	.82	117

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

7. Weight Lifting

		%								Mean	SD	N
Yr.		0	1	2	3	4	5	6	7			
		Never	1-4 times per mo.	2 times per wk.	3 times per wk.	4 times per wk.	5 times per wk.	6 times per wk.	7+ times per wk.			
Overall		1986	52	23	.	18	.	7	.	1.12	1.53	2806
		1987	54	19	8	10	4	3	2	1.11	1.62	2070
		1988	52	21	8	8	5	3	2	1.18	1.68	2993
Sex												
Male		1986	51	24	.	18	.	7	.	1.15	1.55	2502
		1987	53	19	8	10	4	3	2	1.15	1.65	1810
		1988	51	21	8	8	5	4	2	1.23	1.72	2609
Female		1986	63	18	.	15	.	4	.	.85	1.38	304
		1987	65	14	7	9	3	1	1	.78	1.32	251
		1988	60	20	8	6	4	1	1	.81	1.29	380
Rank												
Officer		1986	61	15	.	20	.	4	.	.94	1.41	316
		1987	61	18	7	9	1	2	1	.84	1.37	290
		1988	59	14	10	10	4	2	0	.96	1.43	464
Enlisted		1986	51	24	.	18	.	7	.	1.14	1.55	2488
		1987	53	19	8	10	4	3	2	1.14	1.64	1769
		1988	51	22	8	8	5	4	2	1.21	1.70	2510
Age												
< 20 yrs.		1986	35	29	.	19	.	17	.	1.70	1.82	119
		1987	30	25	8	16	8	8	.	1.96	1.97	64
		1988	28	30	10	11	9	6	3	1.86	1.90	126
20-24		1986	41	27	.	22	.	11	.	1.46	1.67	957
		1987	45	22	7	10	6	5	3	1.47	1.89	460
		1988	40	25	9	8	6	5	4	1.59	1.91	698
25-29		1986	51	24	.	18	.	6	.	1.10	1.49	717
		1987	52	19	9	11	4	2	2	1.13	1.57	528
		1988	49	20	9	10	5	4	3	1.25	1.68	797
30-34		1986	62	18	.	17	.	3	.	.84	1.33	455
		1987	58	18	7	11	1	3	2	.95	1.47	422
		1988	60	19	7	7	3	3	2	.89	1.43	588
35+		1986	72	16	.	11	.	1	.	.56	1.10	553
		1987	68	15	7	7	1	2	0	.64	1.15	540
		1988	72	15	4	5	2	1	.	.57	1.13	747
Time in Service												
< 3 yrs.		1986	40	27	.	24	.	10	.	1.47	1.64	572
		1987	42	24	9	10	5	4	2	1.52	1.92	187
		1988	35	27	9	10	7	4	4	1.68	1.92	442
3-10		1986	49	24	.	19	.	8	.	1.21	1.59	1209
		1987	50	21	8	11	5	3	2	1.23	1.67	966
		1988	48	22	8	9	5	5	3	1.33	1.77	1238
11-20		1986	68	17	.	12	.	3	.	.68	1.24	599
		1987	64	15	8	8	2	2	1	.81	1.37	667
		1988	65	17	5	7	3	2	1	.76	1.33	904
> 20		1986	69	16	.	14	.	0	.	.61	1.09	135
		1987	65	17	7	8	1	1	.	.67	1.11	136
		1988	75	9	6	6	2	1	.	.55	1.12	204
Community												
Land		1986	54	22	.	18	.	6	.	1.05	1.48	1590
		1987	57	17	8	10	3	3	1	1.00	1.52	1171
		1988	54	19	8	9	4	3	2	1.09	1.57	1552
Surface		1986	48	25	.	18	.	9	.	1.24	1.60	966
		1987	50	22	7	8	6	5	2	1.50	1.79	490
		1988	46	23	8	7	6	5	4	1.45	1.91	717
Sub		1986	49	26	.	16	.	9	.	1.19	1.60	116
		1987	45	25	8	13	3	2	0	1.23	1.59	121
		1988	50	25	7	5	6	5	1	1.13	1.58	108
Air		1986	51	16	.	14	.	8	.	1.00	1.59	134
		1987	51	22	10	9	2	3	2	1.10	1.55	138
		1988	66	14	5	5	7	.	1	.85	1.55	111

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

8. Calisthenics

	Yr.	%								Mean	SD	N
		0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
<u>Overall</u>	1986	47	23	.	23	.	7	.	.	1.28	1.57	2788
	1987	43	20	10	13	5	5	1	3	1.49	1.81	2066
	1988	46	19	10	13	4	5	2	2	1.41	1.79	2973
<u>Sex</u>												
Male	1986	46	24	.	23	.	8	.	.	1.31	1.59	2485
	1987	42	20	10	13	6	5	1	2	1.53	1.82	1809
	1988	45	19	10	13	4	5	2	2	1.44	1.80	2596
Female	1986	57	20	.	20	.	3	.	.	.96	1.37	303
	1987	54	17	7	14	2	2	1	3	1.17	1.71	248
	1988	52	18	9	12	3	2	1	2	1.20	1.69	373
<u>Rank</u>												
Officer	1986	53	19	.	23	.	5	.	.	1.13	1.50	315
	1987	49	18	7	14	6	4	1	1	1.32	1.70	292
	1988	48	14	11	14	4	5	1	2	1.44	1.82	465
Enlisted	1986	46	24	.	23	.	8	.	.	1.29	1.58	2471
	1987	43	20	10	13	5	5	1	3	1.51	1.82	1763
	1988	46	20	9	13	4	4	2	2	1.40	1.78	2489
<u>Age</u>												
< 20 yrs.	1986	30	19	.	40	.	11	.	.	1.95	1.68	118
	1987	14	11	11	33	15	7	5	6	2.93	1.90	66
	1988	43	16	8	18	6	4	2	3	1.65	1.91	125
20-24	1986	44	25	.	22	.	9	.	.	1.36	1.62	951
	1987	42	22	11	12	4	5	2	2	1.47	1.80	458
	1988	46	21	8	11	4	5	2	3	1.44	1.86	694
25-29	1986	45	24	.	22	.	8	.	.	1.32	1.59	708
	1987	45	19	10	12	7	5	1	2	1.48	1.82	528
	1988	45	18	11	14	3	4	2	2	1.44	1.80	786
30-34	1986	51	21	.	23	.	5	.	.	1.18	1.51	455
	1987	47	19	9	13	3	5	1	2	1.34	1.71	418
	1988	46	21	8	13	4	4	2	1	1.36	1.73	586
35+	1986	55	22	.	19	.	4	.	.	.97	1.38	551
	1987	46	21	9	11	6	4	1	2	1.38	1.76	542
	1988	48	19	11	13	3	5	1	1	1.30	1.67	747
<u>Time in Service</u>												
< 3 yrs.	1986	40	26	.	25	.	9	.	.	1.47	1.63	573
	1987	26	25	9	20	8	4	3	5	2.07	1.98	192
	1988	44	19	7	17	4	4	2	2	1.49	1.82	438
3-10	1986	44	24	.	24	.	8	.	.	1.36	1.61	1192
	1987	46	19	11	12	4	5	2	2	1.39	1.76	962
	1988	46	18	10	12	4	5	2	2	1.44	1.82	1229
11-20	1986	55	20	.	20	.	4	.	.	1.02	1.43	598
	1987	47	19	8	13	5	5	1	2	1.38	1.77	667
	1988	46	20	9	13	4	4	2	2	1.37	1.73	899
> 20	1986	48	26	.	23	.	3	.	.	1.10	1.37	136
	1987	39	17	9	14	10	4	1	5	1.79	2.00	136
	1988	51	12	12	13	2	8	0	1	1.32	1.72	203
<u>Community</u>												
Land	1986	46	21	.	26	.	7	.	.	1.35	1.59	1579
	1987	43	18	10	14	5	5	1	3	1.56	1.87	1165
	1988	44	20	9	15	4	4	2	2	1.44	1.76	1546
Surface	1986	49	26	.	18	.	7	.	.	1.14	1.51	960
	1987	43	21	12	11	5	3	2	2	1.45	1.78	490
	1988	47	19	10	11	4	3	3	2	1.38	1.81	708
Sub	1986	40	24	.	26	.	10	.	.	1.53	1.67	116
	1987	38	28	11	11	6	4	1	2	1.45	1.69	120
	1988	61	15	7	8	4	3	.	2	.98	1.61	107
Air	1986	49	24	.	19	.	7	.	.	1.17	1.54	133
	1987	52	22	4	9	8	4	0	2	1.21	1.73	141
	1988	52	23	3	9	4	2	1	5	1.26	1.90	116

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

9. Basketball

		Yr.	f							Mean	SD	N	
			0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
Overall	1986	70	18	.	9	.	361	1.20	2787
	1987	69	20	4	2	2	1	1	1	.57	1.18	2059	
	1988	69	18	5	3	2	1	1	1	.62	1.27	2964	
Sex													
Male	1986	67	19	.	10	.	467	1.25	2485
	1987	67	21	4	3	2	1	1	1	.62	1.22	1802	
	1988	66	20	5	3	2	1	1	1	.68	1.33	2585	
Female	1986	92	6	.	211	.46	302
	1987	93	6	.	.	.	1	.	.	.11	.55	248	
	1988	88	9	2	1	0	1	.	.	.18	.59	375	
Rank													
Officer	1986	81	15	.	3	.	128	.74	313
	1987	85	11	1	1	020	.57	286	
	1988	79	17	3	1	.	0	.	.	.27	.63	460	
Enlisted	1986	69	18	.	9	.	465	1.24	2472
	1987	68	21	4	3	2	1	1	1	.61	1.22	1762	
	1988	68	18	5	3	2	1	1	1	.66	1.32	2485	
Age													
< 20 yrs.	1986	52	23	.	19	.	6	.	.	.	1.11	1.51	118
	1987	48	34	3	6	3	2	3	2	1.08	1.63	65	
	1988	49	26	12	5	3	3	.	2	1.10	1.56	124	
20-24	1986	63	23	.	10	.	576	1.32	951
	1987	61	25	5	3	3	2	.	1	.74	1.33	454	
	1988	63	21	6	3	2	2	1	2	.81	1.52	696	
25-29	1986	71	17	.	9	.	256	1.12	711
	1987	68	21	6	1	2	1	1	1	.57	1.18	529	
	1988	67	21	5	3	2	1	0	1	.63	1.22	787	
30-34	1986	76	13	.	6	.	453	1.20	454
	1987	72	16	5	3	3	0	0	0	.53	1.09	420	
	1988	74	16	3	4	1	1	1	1	.50	1.14	583	
35+	1986	81	12	.	5	.	132	.84	548
	1987	83	13	1	2	0	0	1	.	.28	.82	536	
	1988	82	12	3	2	1	0	.	0	.29	.79	738	
Time in Service													
< 3 yrs.	1986	58	24	.	13	.	692	1.43	573
	1987	50	31	3	6	6	2	1	1	1.05	1.54	189	
	1988	56	24	8	5	2	2	1	2	.90	1.47	440	
3-10	1986	70	19	.	8	.	360	1.18	1197
	1987	68	21	5	2	1	1	0	1	.59	1.18	960	
	1988	69	19	4	3	2	1	1	2	.64	1.34	1227	
11-20	1986	77	14	.	6	.	245	1.06	595
	1987	78	15	3	1	1	0	0	0	.36	.88	668	
	1988	78	14	3	3	1	1	0	0	.39	.96	892	
> 20	1986	87	9	.	4	.	124	.76	130
	1987	75	16	1	3	1	.	4	.	.53	1.29	131	
	1988	82	12	3	0	229	.76	200	
Community													
Land	1986	71	16	.	10	.	464	1.25	1578
	1987	71	19	3	2	2	1	1	1	.57	1.23	1164	
	1988	68	19	5	3	2	2	1	1	.61	1.22	1535	
Surface	1986	69	21	.	7	.	359	1.16	963
	1987	67	23	4	3	2	.	0	1	.57	1.12	488	
	1988	66	20	4	4	2	1	0	3	.75	1.49	712	
Sub	1986	70	23	.	4	.	352	1.08	114
	1987	65	25	4	3	1	.	.	1	.56	1.08	119	
	1988	73	19	5	2	.	1	.	.	.39	.78	107	
Air	1986	72	19	.	6	.	352	1.09	132
	1987	70	15	9	2	1	1	.	1	.57	1.16	139	
	1988	81	12	2	3	.	.	.	1	.35	1.00	111	

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

10. Baseball/Softball

Yr.		%								Mean	SD	N
		0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
Overall	1986	67	21	.	10	.	2	.	.	.61	1.11	2781
	1987	68	21	5	3	2	1	0	0	.57	1.11	2050
	1988	65	21	7	3	2	1	0	0	.60	1.07	2974
<u>Sex</u>												
Male	1986	65	22	.	11	.	2	.	.	.66	1.15	2479
	1987	65	22	5	3	2	1	0	0	.61	1.14	1794
	1988	63	22	8	3	2	1	0	0	.65	1.09	2592
Female	1986	86	10	.	3	.	1	.	.	.23	.73	302
	1987	87	10	0	0	2	0	1	.	.24	.86	247
	1988	86	7	3	2	2	0	.	.	.27	.80	378
<u>Rank</u>												
Officer	1986	80	15	.	531	.74	310
	1987	81	16	3	0	125	.59	288
	1988	71	20	7	2	142	.77	461
Enlisted	1986	66	21	.	11	.	2	.	.	.64	1.14	2469
	1987	66	21	5	3	2	1	0	0	.61	1.15	1751
	1988	65	21	8	3	2	1	0	0	.62	1.10	2494
<u>Age</u>												
< 20 yrs.	1986	59	25	.	14	.	2	.	.	.77	1.21	117
	1987	58	29	.	2	2	3	2	5	.99	1.85	64
	1988	55	31	7	4	2	1	.	.	.69	1.01	122
20-24	1986	63	25	.	10	.	3	.	.	.68	1.17	952
	1987	66	23	5	2	2	2	.	.	.57	1.04	455
	1988	63	21	8	4	3	1	.	0	.68	1.13	696
25-29	1986	67	20	.	12	.	2	.	.	.66	1.17	713
	1987	64	19	6	5	2	1	1	1	.71	1.29	520
	1988	63	21	9	4	2	0	0	.	.65	1.06	792
30-34	1986	72	16	.	10	.	1	.	.	.33	1.05	451
	1987	68	21	5	3	1	1	.	.	.50	.94	422
	1988	70	16	6	3	2	3	0	0	.59	1.18	586
35+	1986	76	17	.	7	.	1	.	.	.41	.89	542
	1987	75	17	4	2	1	1	.	0	.42	.94	534
	1988	71	21	5	2	1	0	.	0	.43	.85	741
<u>Time in Service</u>												
< 3 yrs.	1986	64	26	.	8	.	3	.	.	.63	1.12	570
	1987	60	30	1	3	2	1	1	1	.69	1.29	189
	1988	61	25	7	3	2	1	.	.	.62	.98	436
3-10	1986	66	20	.	11	.	3	.	.	.66	1.19	1198
	1987	67	20	6	4	1	1	0	0	.59	1.11	950
	1988	65	19	9	4	2	1	0	0	.64	1.12	1232
11-20	1986	71	18	.	10	.	1	.	.	.53	1.02	592
	1987	72	18	5	3	1	1	0	0	.50	1.04	666
	1988	69	19	6	2	2	1	0	0	.54	1.07	900
> 20	1986	75	17	.	8	.	1	.	.	.46	.98	128
	1987	72	17	3	3	449	.99	132
	1988	69	22	5	2	246	.85	201
<u>Community</u>												
Land	1986	69	17	.	12	.	2	.	.	.62	1.17	1572
	1987	68	20	4	4	2	2	1	0	.62	1.20	1154
	1988	64	20	8	4	2	1	0	0	.64	1.09	1545
Surface	1986	66	26	.	7	.	2	.	.	.55	1.01	959
	1987	69	22	5	2	1	1	.	1	.50	1.02	465
	1988	67	23	5	2	2	1	.	0	.55	1.04	709
Sub	1986	57	22	.	18	.	3	.	.	.91	1.32	115
	1987	64	25	5	1	3	1	.	.	.59	1.04	121
	1988	65	24	5	4	255	.91	107
Air	1986	63	25	.	11	.	1	.	.	.63	1.04	135
	1987	69	21	6	2	1	0	.	1	.50	1.01	140
	1988	77	14	6	1	237	.79	116

CURRENT PHYSICAL ACTIVITY

Frequency of Exercise (i.e., how often per week or month do you exercise)

11. Other

	Yr.	f								Mean	SD	N
		0 Never	1 1-4 times per mo.	2 2 times per wk.	3 3 times per wk.	4 4 times per wk.	5 5 times per wk.	6 6 times per wk.	7 7+ times per wk.			
Overall	1986	18	30	.	36	.	16	.	.	2.17	1.67	587
	1987	55	12	11	7	4	4	2	5	1.39	2.04	849
	1988	53	16	12	9	3	3	1	4	1.29	1.86	1176
Sex												
Male	1986	18	30	.	36	.	17	.	.	2.20	1.68	542
	1987	54	12	11	8	5	4	1	6	1.45	2.06	749
	1988	51	16	12	9	3	3	2	4	1.33	1.88	1034
Female	1986	20	38	.	36	.	6	.	.	1.76	1.44	45
	1987	66	14	6	6	0	0	5	2	.93	1.77	98
	1988	65	8	11	9	1	2	0	4	.99	1.71	141
Rank												
Officer	1986	19	40	.	34	.	7	.	.	1.77	1.44	73
	1987	56	17	14	4	2	3	2	1	1.00	1.53	131
	1988	49	26	14	8	1	0	1	1	.95	1.29	205
Enlisted	1986	18	29	.	36	.	17	.	.	2.22	1.69	514
	1987	55	11	10	8	4	4	2	6	1.45	2.09	714
	1988	53	14	11	9	3	4	1	4	1.34	1.92	964
Age												
< 20 yrs.	1986	10	30	.	34	.	26	.	.	2.61	1.76	19
	1987	41	8	4	12	5	12	.	16	2.52	2.69	25
	1988	32	16	18	20	2	7	2	2	1.87	1.84	40
20-24	1986	15	26	.	37	.	22	.	.	2.48	1.73	176
	1987	56	10	12	6	4	3	2	7	1.45	2.14	168
	1988	58	10	11	7	4	3	2	4	1.30	1.97	251
25-29	1986	21	32	.	36	.	10	.	.	1.92	1.57	149
	1987	53	11	11	7	7	5	1	5	1.48	2.06	219
	1988	52	14	13	6	3	4	2	6	1.44	2.06	301
30-34	1986	20	34	.	31	.	16	.	.	2.06	1.70	100
	1987	61	14	7	6	4	2	2	5	1.20	1.98	168
	1988	55	17	10	12	1	1	1	3	1.09	1.64	229
35+	1986	19	32	.	37	.	12	.	.	2.02	1.59	142
	1987	54	14	13	10	2	3	2	3	1.24	1.81	250
	1988	52	21	11	8	3	2	0	3	1.11	1.62	339
Time in Service												
< 3 yrs.	1986	14	28	.	35	.	23	.	.	2.47	1.75	97
	1987	50	11	5	11	5	8	.	10	1.85	2.39	76
	1988	54	11	11	11	3	4	3	4	1.41	1.98	135
3-10	1986	19	29	.	38	.	15	.	.	2.16	1.65	258
	1987	55	11	12	6	5	3	2	5	1.38	2.02	389
	1988	55	13	12	7	4	4	1	5	1.34	1.98	502
11-20	1986	19	30	.	39	.	12	.	.	2.05	1.59	149
	1987	56	12	11	7	3	4	2	4	1.31	1.98	296
	1988	52	19	12	9	2	2	1	3	1.18	1.71	392
> 20	1986	16	42	.	37	.	4	.	.	1.75	1.35	33
	1987	54	19	11	13	391	1.20	59
	1988	51	22	12	10	1	2	1	2	1.09	1.58	94
Community												
Land	1986	17	31	.	39	.	13	.	.	2.12	1.59	352
	1987	53	11	11	9	4	5	2	6	1.52	2.11	480
	1988	51	17	12	8	3	3	1	4	1.27	1.82	636
Surface	1986	21	28	.	30	.	20	.	.	2.21	1.79	185
	1987	57	17	10	5	5	3	2	6	1.35	2.07	156
	1988	59	11	8	9	4	2	2	4	1.24	1.94	259
Sub	1986	12	33	.	43	.	12	.	.	2.22	1.54	23
	1987	64	10	8	6	3	3	3	4	1.15	1.98	59
	1988	46	24	19	4	4	4	.	.	1.07	1.34	41
Air	1986	17	31	.	27	.	25	.	.	2.36	1.87	27
	1987	51	19	9	9	6	1	.	6	1.33	1.94	64
	1988	44	15	13	14	.	5	2	7	1.67	2.12	44

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

1. Running

		Yr.	%										
			0	1	2	3	4	5	6	7	Mean	SD	N
			N/A	< 10 min.	11-20 min.	21-30 min.	31-40 min.	41-50 min.	51-60 min.	>than 1 hr.			
Overall	1986		32	8	32	22	.	6	.	.	14.36	13.42	2831
	1987		27	7	32	20	8	3	2	2	16.44	14.79	2107
	1988		26	6	34	20	8	3	2	2	16.34	14.40	3026
Sex													
Male	1986		31	8	33	22	.	6	.	.	14.70	13.40	2524
	1987		25	7	31	21	9	3	2	2	17.04	14.89	1846
	1988		25	7	34	20	8	3	2	2	16.76	14.63	2645
Female	1986		47	5	26	19	.	4	.	.	11.59	13.30	307
	1987		48	1	31	12	5	3	1	0	11.13	12.84	252
	1988		35	4	34	20	6	0	1	0	13.09	12.02	377
Rank													
Officer	1986		25	1	27	35	.	11	.	.	19.58	14.62	325
	1987		21	1	21	34	14	6	1	1	20.70	14.30	302
	1988		20	1	24	30	17	4	2	1	20.87	14.28	476
Enlisted	1986		33	8	33	20	.	5	.	.	13.75	13.14	2504
	1987		28	7	33	19	8	2	2	2	15.95	14.77	1794
	1988		27	7	35	19	6	3	2	2	15.72	14.29	2530
Age													
< 20 yrs.	1986		12	8	45	28	.	7	.	.	18.50	12.17	118
	1987		5	.	15	38	26	6	.	11	30.37	15.49	66
	1988		21	6	32	25	8	1	3	5	19.15	16.37	126
20-24	1986		32	9	33	21	.	5	.	.	13.89	12.97	957
	1987		27	9	34	17	8	2	2	1	15.04	13.62	463
	1988		24	7	39	19	5	2	2	2	16.04	14.11	695
25-29	1986		34	7	34	20	.	6	.	.	13.86	13.32	721
	1987		28	6	34	18	7	2	2	2	15.44	14.84	538
	1988		24	6	36	21	7	2	2	1	16.13	13.51	787
30-34	1986		34	7	26	24	.	8	.	.	15.35	14.62	462
	1987		31	5	28	24	6	4	2	1	16.01	14.87	425
	1988		30	7	29	18	9	4	1	2	16.21	15.50	593
35+	1986		35	6	31	23	.	5	.	.	14.19	13.49	568
	1987		27	7	31	19	9	3	2	2	16.31	14.78	561
	1988		30	5	28	20	11	3	2	1	16.21	14.33	777
Time in Service													
< 3 yrs.	1986		27	10	36	21	.	6	.	.	14.92	13.02	580
	1987		20	4	24	29	17	3	1	4	21.12	15.77	192
	1988		22	8	38	19	5	2	2	3	17.03	15.20	439
3-10	1986		33	7	33	22	.	5	.	.	14.21	13.34	1209
	1987		28	7	35	18	7	2	2	1	15.44	14.09	970
	1988		26	6	36	20	8	3	2	1	16.05	13.79	1246
11-20	1986		34	7	30	23	.	6	.	.	14.45	13.83	605
	1987		28	8	31	20	7	3	2	1	15.83	14.60	685
	1988		30	5	30	20	8	3	2	1	16.04	14.79	925
> 20	1986		36	8	30	21	.	6	.	.	13.78	13.65	142
	1987		24	7	27	25	11	2	3	1	17.98	14.88	141
	1988		29	5	27	21	15	3	1	1	16.56	14.11	212
Community													
Land	1986		30	7	33	23	.	7	.	.	15.37	13.67	1607
	1987		25	6	34	21	9	3	2	2	16.91	14.37	1197
	1988		23	6	36	20	9	2	2	2	16.86	14.04	1573
Surface	1986		38	9	31	18	.	4	.	.	12.30	12.82	971
	1987		34	9	25	18	7	2	3	3	15.00	15.98	493
	1988		32	7	31	17	5	3	2	2	14.96	15.11	715
Sub	1986		29	10	25	31	.	4	.	.	15.59	13.55	118
	1987		29	5	38	17	5	3	2	1	14.64	13.37	121
	1988		27	6	31	22	11	4	.	.	15.98	13.00	106
Air	1986		22	8	40	24	.	7	.	.	16.49	12.98	135
	1987		28	11	26	23	9	2	0	1	14.86	13.39	144
	1988		31	10	28	23	4	2	1	1	13.92	13.13	118

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

2. Swimming

		%								Mean	SD	N
		0	1	2	3	4	5	6	7			
		N/A	< 10 min.	11-20 min.	21-30 min.	31-40 min.	41-50 min.	51-60 min.	> than 1 hr.			
Overall	1986	60	5	12	13	.	10	.	.	10.59	15.53	2775
	1987	5	5	11	14	7	2	2	6	13.40	18.94	2049
	1988	51	4	11	14	6	3	3	8	15.76	20.88	2944
<u>Sex</u>												
Male	1986	59	5	12	13	.	11	.	.	10.80	15.66	2469
	1987	54	5	11	14	6	2	2	6	13.53	19.16	1791
	1988	50	4	11	14	6	3	3	8	16.01	21.10	2572
Female	1986	67	2	11	13	.	7	.	.	8.85	14.38	306
	1987	55	3	13	13	10	1	2	3	12.36	17.18	249
	1988	54	4	8	16	7	3	3	5	13.92	19.18	368
<u>Rank</u>												
Officer	1986	67	2	12	13	.	6	.	.	8.46	13.87	311
	1987	49	6	16	15	8	1	3	2	12.43	15.96	291
	1988	46	5	15	17	8	4	2	1	13.60	16.14	462
Enlisted	1986	59	5	12	13	.	11	.	.	10.83	15.69	2462
	1987	54	5	10	13	6	2	2	6	13.54	19.29	1747
	1988	52	4	10	13	6	3	3	9	15.96	21.35	2463
<u>Age</u>												
< 20 yrs.	1986	43	10	13	12	.	21	.	.	15.71	18.08	117
	1987	26	17	15	18	8	3	2	11	20.10	20.99	65
	1988	35	3	12	15	7	8	4	15	24.13	23.77	122
20-24	1986	55	6	11	15	.	12	.	.	12.04	16.33	948
	1987	54	3	10	14	6	3	3	7	14.85	20.36	457
	1988	50	5	10	13	6	3	3	11	16.94	22.28	683
25-29	1986	59	4	15	15	.	8	.	.	10.23	14.70	709
	1987	58	4	11	13	5	2	1	5	11.74	17.83	524
	1988	52	4	10	12	8	1	4	7	15.31	20.71	783
30-34	1986	64	5	10	12	.	9	.	.	9.51	15.19	451
	1987	55	4	9	13	8	3	3	4	13.43	18.75	412
	1988	56	4	12	14	4	3	2	5	12.47	18.33	573
35+	1986	70	2	12	9	.	7	.	.	7.83	13.95	545
	1987	55	8	10	13	7	1	2	4	11.90	17.61	537
	1988	49	4	12	15	7	2	4	6	15.24	19.71	746
<u>Time in Service</u>												
< 3 yrs.	1986	54	6	11	14	.	15	.	.	12.85	17.01	570
	1987	44	9	9	15	7	6	0	11	17.69	21.75	188
	1988	47	4	12	12	6	3	3	13	18.51	23.16	431
3-10	1986	58	5	13	15	.	10	.	.	11.09	15.52	1196
	1987	56	3	12	14	6	2	2	6	13.31	19.11	957
	1988	53	4	10	13	7	3	4	6	14.68	20.09	1221
11-20	1986	66	3	12	11	.	8	.	.	8.86	14.62	593
	1987	56	6	10	13	8	2	3	3	11.99	17.45	665
	1988	53	4	10	14	6	2	3	7	14.32	19.90	892
> 20	1986	73	1	13	8	.	5	.	.	6.62	12.57	128
	1987	53	13	12	11	8	1	1	3	10.43	15.65	131
	1988	46	4	14	21	6	2	5	3	15.30	18.19	201
<u>Community</u>												
Land	1986	60	5	12	13	.	10	.	.	10.43	15.45	1573
	1987	53	6	12	13	6	2	2	5	13.11	18.45	1153
	1988	48	5	11	15	6	3	3	9	16.58	21.13	1529
Surface	1986	62	4	12	12	.	9	.	.	9.93	15.77	955
	1987	61	4	8	12	6	2	2	5	12.06	18.85	484
	1988	56	4	10	11	5	2	3	9	14.90	21.48	699
Sub	1986	43	6	18	19	.	14	.	.	15.07	16.59	115
	1987	45	0	12	21	7	3	1	10	18.01	20.87	122
	1988	55	3	14	12	8	1	.	6	12.49	18.05	105
Air	1986	51	6	13	14	.	15	.	.	13.37	17.04	132
	1987	53	6	8	19	5	0	2	7	13.68	19.20	141
	1988	42	10	15	16	8	3	4	2	14.33	17.26	116

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

3. Bicycling

		Yr.	t										
			0 N/A	1 < 10 min.	2 11-20 min.	3 21-30 min.	4 31-40 min.	5 41-50 min.	6 51-60 min.	7 >than 1 hr.	Mean	SD	N
Overall	1986	62	4	11	13	.	11	.	.	.	10.45	15.75	2771
	1987	60	3	9	9	7	2	3	7	13.62	20.60	2047	
	1988	54	3	11	11	7	2	4	8	15.27	21.09	2952	
Sex													
Male	1986	63	4	10	13	.	11	.	.	.	10.39	15.79	2463
	1987	60	3	8	9	7	2	3	8	13.98	21.06	1790	
	1988	54	4	11	11	7	2	4	8	15.36	21.23	2579	
Female	1986	59	3	14	14	.	10	.	.	.	10.90	15.44	308
	1987	59	4	12	13	6	2	3	2	10.81	16.36	248	
	1988	54	2	13	11	6	3	5	5	14.61	20.11	369	
Rank													
Officer	1986	53	3	14	18	.	12	.	.	.	13.07	16.40	310
	1987	50	2	12	14	10	1	5	6	16.01	20.10	287	
	1988	39	3	13	17	12	5	4	7	19.73	20.60	463	
Enlisted	1986	63	4	10	12	.	11	.	.	.	10.16	15.65	2459
	1987	61	3	8	9	6	2	3	8	13.37	20.67	1749	
	1988	56	4	11	10	6	2	4	8	14.62	21.01	2470	
Age													
< 20 yrs.	1986	69	2	5	10	.	15	.	.	.	10.30	17.09	117
	1987	54	5	2	5	8	2	.	25	21.29	27.59	65	
	1988	54	2	8	9	7	2	4	15	18.40	24.50	121	
20-24	1986	66	3	9	12	.	10	.	.	.	9.73	15.63	947
	1987	64	3	7	7	5	3	3	9	13.17	21.71	452	
	1988	57	4	9	9	7	2	4	7	14.38	20.89	685	
25-29	1986	60	3	10	14	.	13	.	.	.	11.72	16.59	705
	1987	61	3	8	10	7	3	3	6	12.73	19.56	523	
	1988	56	3	11	9	5	2	3	10	15.29	21.97	784	
30-34	1986	59	5	13	13	.	11	.	.	.	10.83	15.68	454
	1987	58	2	10	10	7	1	4	7	14.19	20.77	415	
	1988	51	3	13	13	8	4	3	6	15.28	19.90	578	
35+	1986	59	4	15	15	.	7	.	.	.	9.93	14.39	543
	1987	55	3	13	12	7	3	3	4	13.03	18.41	538	
	1988	50	4	12	15	6	2	5	6	15.52	20.12	747	
Time in Service													
< 3 yrs.	1986	68	2	7	11	.	12	.	.	.	9.81	16.16	570
	1987	60	3	2	6	8	4	2	15	17.51	24.95	188	
	1988	61	3	8	8	8	2	2	9	13.70	21.09	432	
3-10	1986	61	4	11	13	.	11	.	.	.	10.79	16.00	1188
	1987	61	3	8	9	6	2	3	7	13.25	20.60	954	
	1988	54	4	11	9	6	3	4	9	15.51	21.66	1226	
11-20	1986	58	3	14	17	.	8	.	.	.	10.74	14.96	593
	1987	58	2	13	11	6	2	3	5	12.84	18.97	666	
	1988	51	3	12	14	6	2	4	7	15.44	20.32	890	
> 20	1986	63	5	16	6	.	10	.	.	.	8.75	14.49	130
	1987	59	4	8	10	10	1	3	5	12.58	18.91	779	
	1988	47	5	14	16	5	2	7	4	15.47	19.36	202	
Community													
Land	1986	60	4	11	15	.	10	.	.	.	10.81	15.66	1574
	1987	58	3	10	11	7	3	3	6	13.52	19.83	1155	
	1988	50	5	12	11	7	3	5	9	16.36	21.60	1530	
Surface	1986	67	3	9	9	.	11	.	.	.	9.42	15.73	950
	1987	63	3	8	6	6	1	3	11	13.58	22.08	452	
	1988	59	2	12	10	6	2	2	9	13.79	20.78	705	
Sub	1986	60	3	14	13	.	10	.	.	.	10.55	15.39	115
	1987	61	4	9	7	7	2	4	7	13.39	20.90	122	
	1988	47	3	9	18	8	.	6	8	17.74	21.47	106	
Air	1986	51	6	10	20	.	13	.	.	.	13.64	16.82	132
	1987	58	3	5	12	8	1	4	8	14.80	21.42	142	
	1988	58	3	5	13	6	6	3	7	14.78	21.00	114	

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

4. Racket Sports

		Yr.	%									
			0	1	2	3	4	5	6	7		
			N/A	< 10 min.	11-20 min.	21-30 min.	31-40 min.	41-50 min.	51-60 min.	>than 1 hr.	Mean	SD
												N
Overall	1986	73	1	2	7	.	16	.	.	9.79	17.34	2746
	1987	74	0	1	3	3	3	6	10	12.69	23.11	2022
	1988	73	1	2	4	3	2	6	9	12.83	23.00	2905
Sex												
Male	1986	72	1	2	7	.	17	.	.	10.20	17.60	2443
	1987	73	0	1	3	3	3	6	10	13.16	23.47	1767
	1988	72	1	2	4	3	2	6	10	13.36	23.39	2540
Female	1986	82	1	3	4	.	10	.	.	6.46	14.69	303
	1987	82	0	1	3	2	2	5	4	8.22	18.84	246
	1988	80	1	3	2	4	2	4	5	8.76	19.28	361
Rank												
Officer	1986	69	1	1	4	.	26	.	.	12.76	19.77	309
	1987	70	0	.	1	4	3	12	10	15.84	25.17	285
	1988	62	.	1	3	4	5	10	16	19.95	27.06	453
Enlisted	1986	74	1	2	7	.	15	.	.	9.44	17.00	2435
	1987	75	0	1	4	3	3	5	10	12.30	22.80	1727
	1988	74	1	2	4	3	2	6	9	11.92	22.25	2433
Age												
< 20 yrs.	1986	66	1	5	10	.	19	.	.	12.18	18.36	116
	1987	70	2	2	5	5	1	3	13	13.70	23.71	65
	1988	78	3	2	2	2	2	2	9	9.61	21.20	121
20-24	1986	71	1	3	9	.	16	.	.	10.38	17.51	935
	1987	72	0	2	4	3	3	5	11	13.71	23.70	448
	1988	70	1	2	5	5	2	5	10	13.34	22.85	683
25-29	1986	72	2	2	7	.	17	.	.	10.25	17.66	708
	1987	72	0	0	3	4	3	6	11	14.29	24.12	518
	1988	69	0	3	4	2	2	8	12	15.21	24.73	772
30-34	1986	76	0	3	6	.	15	.	.	8.96	16.87	445
	1987	77	1	2	3	1	2	6	8	11.09	21.98	412
	1988	75	1	2	4	3	3	5	8	11.37	21.93	570
35+	1986	80	.	1	4	.	14	.	.	7.97	16.46	537
	1987	78	0	1	3	2	2	7	7	10.82	21.84	527
	1988	78	0	1	2	2	2	7	8	11.07	22.18	723
Time in Service												
< 3 yrs.	1986	71	1	3	10	.	16	.	.	10.46	17.45	564
	1987	71	1	2	5	5	2	3	11	13.15	22.99	186
	1988	73	3	2	4	2	2	5	9	11.67	22.19	430
3-10	1986	71	1	2	8	.	17	.	.	10.60	17.82	1181
	1987	73	0	1	3	3	3	6	10	13.69	23.86	944
	1988	69	0	2	4	4	2	7	11	14.90	24.20	1210
11-20	1986	77	0	3	4	.	15	.	.	8.61	16.70	586
	1987	77	1	1	3	2	2	5	8	10.92	21.82	654
	1988	75	1	1	3	2	3	7	8	12.05	22.61	877
> 20	1986	80	.	.	5	.	14	.	.	8.13	16.67	130
	1987	73	.	1	5	3	1	9	9	13.37	23.47	131
	1988	82	1	0	2	1	2	6	5	8.79	20.06	194
Community												
Land	1986	71	1	3	6	.	19	.	.	10.73	18.04	1561
	1987	74	0	1	4	2	3	6	9	12.64	22.97	1133
	1988	72	0	2	4	3	3	7	9	13.13	23.10	1499
Surface	1986	77	1	2	8	.	12	.	.	8.06	15.89	942
	1987	78	1	1	2	3	2	4	9	11.03	22.28	483
	1988	76	2	3	4	3	1	4	8	10.40	21.17	695
Sub	1986	67	2	2	9	.	21	.	.	12.46	18.90	113
	1987	69	.	1	2	3	1	5	18	17.05	26.88	119
	1988	57	.	.	4	6	4	10	18	22.51	27.68	106
Air	1986	75	0	2	9	.	13	.	.	9.07	16.64	130
	1987	70	1	.	3	4	5	6	10	14.50	24.07	142
	1988	66	1	1	5	3	4	13	6	15.91	24.11	116

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

5. Continuous Walking

Yr.		%								Mean	SD	N
		0	1	2	3	4	5	6	7			
		N/A	< 10 min.	11-20 min.	21-30 min.	31-40 min.	41-50 min.	51-60 min.	>than 1 hr.			
Overall	1986	28	6	21	22	.	24	.	.	20.67	17.30	2764
	1987	38	4	12	16	9	4	4	14	22.00	23.12	2050
	1988	39	3	13	17	10	3	4	11	20.90	22.16	2951
Sex												
Male	1986	28	6	21	22	.	24	.	.	20.61	17.36	2465
	1987	39	4	11	16	9	4	4	14	21.74	23.37	1793
	1988	40	3	12	16	10	3	4	12	20.74	22.47	2578
Female	1986	25	5	23	25	.	23	.	.	21.15	16.84	299
	1987	25	2	21	18	13	5	6	11	24.42	21.06	248
	1988	29	3	13	26	12	4	7	5	22.18	19.58	369
Rank												
Officer	1986	37	7	20	21	.	15	.	.	16.46	16.50	315
	1987	46	2	11	19	11	3	4	4	16.56	19.15	289
	1988	42	1	11	18	12	5	4	6	17.18	20.41	460
Enlisted	1986	27	6	21	22	.	25	.	.	21.15	17.32	2447
	1987	37	4	12	15	9	4	4	15	22.57	23.45	1750
	1988	38	3	13	17	10	3	4	12	21.05	22.33	2472
Age												
< 20 yrs.	1986	16	3	24	25	.	32	.	.	25.63	16.50	118
	1987	23	.	7	16	9	7	2	37	36.15	25.99	66
	1988	42	6	11	15	8	1	2	13	19.11	22.66	122
20-24	1986	24	6	18	23	.	29	.	.	22.92	17.67	942
	1987	41	5	8	12	7	4	5	17	22.78	25.02	457
	1988	43	2	12	14	9	3	4	12	19.83	22.44	683
25-29	1986	32	6	20	23	.	19	.	.	18.84	16.96	699
	1987	42	3	11	16	9	3	4	12	20.57	22.74	526
	1988	41	4	13	15	10	2	4	11	19.69	22.18	781
30-34	1986	29	5	24	17	.	25	.	.	20.19	17.48	451
	1987	41	4	12	16	11	3	3	10	19.56	21.60	412
	1988	38	3	13	18	9	3	5	10	20.69	21.79	578
35+	1986	32	6	23	23	.	16	.	.	17.90	16.30	549
	1987	32	3	16	20	10	4	5	10	21.88	21.22	536
	1988	29	3	13	21	14	4	5	11	24.03	21.44	749
Time in Service												
< 3 yrs.	1986	21	6	17	22	.	34	.	.	24.61	17.71	571
	1987	35	3	9	15	7	3	2	26	27.08	26.27	189
	1988	40	3	12	15	9	2	3	15	21.32	23.57	430
3-10	1986	30	6	21	22	.	22	.	.	19.75	17.17	1181
	1987	41	4	11	13	10	4	5	13	21.23	23.27	958
	1988	43	3	13	16	10	3	4	9	19.08	21.45	1223
11-20	1986	30	6	25	20	.	18	.	.	18.37	16.55	592
	1987	39	4	13	18	9	4	3	9	19.66	21.21	660
	1988	34	3	12	21	12	3	4	11	22.07	21.65	894
> 20	1986	31	6	25	22	.	16	.	.	17.92	16.23	133
	1987	27	3	13	25	10	5	6	11	24.70	21.45	134
	1988	31	2	14	17	14	5	6	11	23.88	21.92	203
Community												
Land	1986	31	6	22	21	.	20	.	.	18.94	16.99	1564
	1987	37	4	13	16	10	4	4	12	21.86	22.52	1155
	1988	39	3	12	19	12	3	4	8	19.59	20.68	1534
Surface	1986	23	5	14	23	.	32	.	.	23.98	17.66	952
	1987	36	4	10	16	8	3	4	18	23.84	24.45	486
	1988	35	4	14	15	8	4	4	17	23.55	24.00	704
Sub	1986	25	4	24	25	.	22	.	.	21.29	16.67	114
	1987	50	2	9	14	5	4	4	12	18.47	23.31	120
	1988	46	1	14	11	10	2	3	13	19.33	23.09	105
Air	1986	30	9	28	23	.	10	.	.	16.20	14.81	134
	1987	43	1	10	18	11	4	2	10	19.42	21.49	142
	1988	40	3	13	16	8	4	3	14	21.28	23.24	115

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

6. Aerobic Dance/Exercise Class

		Yr.	%							Mean	SD	N
			0	1	2	3	4	5	6	7		
			N/A	< 10 min.	11-20 min.	21-30 min.	31-40 min.	41-50 min.	51-60 min.	> than 1 hr.		
Overall	1986	87		1	3	4	.	5	.	.	3.94	2742
	1987	87		0	2	3	3	1	2	1	4.65	2023
	1988	88		1	2	3	1	1	3	1	4.22	2918
Sex												
Male	1986	90		1	2	3	.	3	.	.	2.75	2437
	1987	91		1	1	2	2	1	1	1	3.20	1762
	1988	92		1	2	2	1	1	2	1	2.81	2539
Female	1986	60		2	6	15	.	18	.	.	13.37	305
	1987	55		.	5	13	11	6	9	2	16.60	253
	1988	61		2	5	10	5	2	12	3	14.57	375
Rank												
Officer	1986	85		0	3	3	.	9	.	.	5.52	307
	1987	87		.	0	3	3	2	4	1	5.75	286
	1988	89		.	1	2	2	0	4	1	4.53	453
Enlisted	1986	87		1	3	4	.	4	.	.	3.77	2433
	1987	87		1	2	3	3	1	2	1	4.55	1727
	1988	88		1	2	3	1	1	3	1	4.16	2445
Age												
< 20 yrs.	1986	87		.	5	4	.	4	.	.	3.73	116
	1987	72		.	4	7	11	3	.	3	9.79	64
	1988	87		2	3	3	1	1	2	1	4.14	121
20-24	1986	86		1	3	5	.	5	.	.	4.39	936
	1987	86		1	2	4	3	1	2	2	4.99	452
	1988	87		2	2	3	2	1	3	1	4.50	680
25-29	1986	84		2	3	6	.	5	.	.	4.63	702
	1987	86		0	2	4	2	2	2	2	5.13	521
	1988	86		1	2	4	1	1	3	1	4.95	777
30-34	1986	87		1	3	4	.	5	.	.	3.99	444
	1987	87		0	0	3	2	1	4	1	5.11	407
	1988	90		1	2	3	1	1	3	1	3.67	569
35+	1986	93		0	2	1	.	3	.	.	2.17	539
	1987	94		.	1	2	1	1	1	1	2.35	526
	1988	91		0	2	2	1	1	2	1	3.13	734
Time in Service												
< 3 yrs.	1986	85		1	4	4	.	5	.	.	4.33	566
	1987	79		2	2	5	6	3	1	2	6.65	186
	1988	88		2	2	3	1	0	3	1	3.81	429
3-10	1986	85		1	2	5	.	6	.	.	4.71	1182
	1987	86		0	2	4	3	1	2	1	4.84	944
	1988	86		1	2	4	2	1	4	1	4.95	1213
11-20	1986	92		1	2	2	.	3	.	.	2.32	587
	1987	89		1	1	2	1	1	3	1	4.28	657
	1988	90		1	3	2	1	1	3	0	3.42	880
> 20	1986	98		.	1	.	.	1	.	.	.50	128
	1987	98		.	.	.	1	.	0	1	1.22	130
	1988	95		.	1	0	0	0	1	1	1.96	199
Community												
Land	1986	85		1	3	5	.	6	.	.	4.73	1558
	1987	84		1	3	4	4	2	3	1	5.59	1138
	1988	87		1	2	4	2	1	3	1	4.57	1513
Surface	1986	89		1	2	4	.	4	.	.	3.26	936
	1987	91		0	1	4	1	1	1	1	2.79	481
	1988	87		2	2	3	1	1	2	1	4.21	693
Sub	1986	94		1	1	3	.	2	.	.	1.79	114
	1987	90		.	1	1	5	0	0	2	3.99	119
	1988	95		.	.	.	1	3	.	.	1.92	103
Air	1986	94		1	2	2	.	2	.	.	1.55	132
	1987	89		.	.	5	0	.	3	3	4.80	138
	1988	87		.	6	1	3	.	2	0	3.93	118

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

7. Weight Lifting

Yr.		t								Mean	SD	N
		0 N/A	1 < 10 min.	2 11-20 min.	3 21-30 min.	4 31-40 min.	5 41-50 min.	6 51-60 min.	7 >than 1 hr.			
Overall	1986	52	4	10	16	.	18	.	.	14.58	17.90	2780
	1987	54	2	6	12	6	3	6	11	17.82	23.47	2058
	1988	52	2	7	11	7	3	6	13	19.30	24.06	2959
Sex												
Male	1986	51	4	10	16	.	20	.	.	15.24	18.18	2476
	1987	53	2	6	12	6	3	7	11	18.53	23.73	1802
	1988	51	2	6	11	7	3	6	14	20.11	24.52	2586
Female	1986	63	4	12	13	.	7	.	.	9.28	14.45	304
	1987	66	3	7	9	3	2	4	7	11.58	20.10	247
	1988	59	2	9	10	8	4	3	4	13.19	19.22	369
Rank												
Officer	1986	61	4	11	13	.	11	.	.	10.78	15.91	312
	1987	60	3	8	10	6	5	6	3	13.08	19.55	293
	1988	59	2	10	10	6	3	4	6	13.94	20.42	451
Enlisted	1986	51	4	10	16	.	19	.	.	15.01	18.07	2466
	1987	54	2	6	12	6	2	6	12	18.34	23.79	1754
	1988	51	2	6	11	7	4	6	13	19.94	24.38	2489
Age												
< 20 yrs.	1986	37	5	8	18	.	33	.	.	21.39	19.60	116
	1987	32	.	5	22	10	5	11	15	27.71	23.90	66
	1988	28	1	8	13	14	4	9	23	31.10	25.25	125
20-24	1986	41	3	11	19	.	26	.	.	19.29	18.92	949
	1987	46	2	5	11	6	2	8	20	24.45	26.64	458
	1988	40	2	6	11	8	3	8	22	26.65	26.50	689
25-29	1986	51	4	11	15	.	19	.	.	14.99	18.12	713
	1987	53	1	6	13	6	3	6	11	18.66	23.64	526
	1988	48	1	6	12	8	5	7	12	21.06	24.15	793
30-34	1986	61	4	9	18	.	8	.	.	10.55	15.38	453
	1987	59	2	8	12	6	2	5	7	14.55	21.06	414
	1988	60	3	9	10	3	3	5	7	13.56	20.83	579
35+	1986	72	5	10	8	.	5	.	.	6.31	12.38	544
	1987	68	3	8	8	4	2	5	1	9.58	16.95	539
	1988	72	2	7	8	6	1	2	2	8.20	15.72	735
Time in Service												
< 3 yrs.	1986	41	3	9	17	.	29	.	.	19.91	19.35	570
	1987	42	1	4	20	7	4	8	14	23.78	24.31	188
	1988	36	2	7	11	9	4	9	22	27.87	26.12	438
3-10	1986	50	3	10	17	.	20	.	.	15.90	18.31	1198
	1987	50	2	6	12	7	2	6	15	20.63	25.07	960
	1988	47	1	6	11	8	4	7	15	21.91	24.99	1224
11-20	1986	67	4	9	13	.	7	.	.	8.50	14.31	590
	1987	63	3	7	11	5	2	5	4	12.11	19.38	663
	1988	65	2	6	11	5	3	4	4	11.55	19.00	893
> 20	1986	69	8	12	6	.	4	.	.	5.99	11.73	133
	1987	65	3	10	7	5	2	9	0	10.72	17.98	134
	1988	75	3	6	6	5	1	0	4	7.54	16.07	201
Community												
Land	1986	55	4	11	15	.	16	.	.	13.52	17.44	1577
	1987	58	2	6	12	6	2	5	8	15.51	21.90	1164
	1988	53	1	6	12	7	4	7	10	18.09	23.12	1534
Surface	1986	48	4	10	17	.	21	.	.	16.33	18.36	954
	1987	50	2	7	11	5	3	6	16	20.61	25.16	486
	1988	46	2	8	9	7	3	5	19	22.63	25.79	707
Sub	1986	50	3	9	21	.	17	.	.	15.42	17.88	116
	1987	45	1	4	14	7	2	13	15	23.82	25.59	121
	1988	49	1	6	10	6	7	3	17	21.65	25.50	106
Air	1986	61	3	5	9	.	22	.	.	13.49	19.01	133
	1987	52	1	6	14	6	4	6	12	19.18	23.80	139
	1988	68	2	2	7	7	3	4	7	13.08	21.66	118

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

8. Calisthenics

		Yr.	%								Mean	SD	N
			0 N/A	1 < 10 min.	2 11-20 min.	3 21-30 min.	4 31-40 min.	5 41-50 min.	6 51-60 min.	7 > than 1 hr.			
Overall	1986		49	9	22	14	.	6	.	.	10.70	13.70	2764
	1987		44	8	21	15	6	2	1	2	12.52	15.37	2039
	1988		47	8	20	14	5	2	2	2	11.82	15.10	2930
Sex													
Male	1986		47	10	22	14	.	7	.	.	11.04	13.86	2463
	1987		43	9	21	15	7	2	1	3	12.83	15.58	1786
	1988		47	8	20	14	6	2	2	2	11.91	15.09	2558
Female	1986		59	7	19	11	.	3	.	.	7.97	11.98	301
	1987		55	4	20	16	4	0	1	1	9.62	13.08	245
	1988		52	5	18	16	3	2	2	2	11.23	15.26	368
Rank													
Officer	1986		53	16	18	10	.	3	.	.	7.78	11.48	309
	1987		50	13	23	9	3	1	.	1	8.43	11.46	289
	1988		49	13	20	12	3	1	1	1	9.29	12.62	458
Enlisted	1986		48	9	22	14	.	7	.	.	11.02	13.88	2453
	1987		44	7	21	16	7	2	1	3	12.99	15.69	1739
	1988		47	7	20	15	6	2	2	2	12.12	15.33	2453
Age													
< 20 yrs.	1986		34	8	21	23	.	14	.	.	16.81	16.13	116
	1987		14	6	18	23	23	4	2	9	25.77	18.47	65
	1988		45	7	20	15	3	6	1	4	13.81	17.24	119
20-24	1986		46	8	21	16	.	8	.	.	11.97	14.49	943
	1987		43	7	19	17	5	1	2	4	13.81	16.92	452
	1988		47	7	18	15	6	2	2	2	12.28	15.47	681
25-29	1986		47	9	23	14	.	7	.	.	11.29	13.99	704
	1987		45	8	18	17	7	2	1	2	12.31	15.19	525
	1988		46	5	21	14	6	2	3	3	13.23	16.60	776
30-34	1986		52	10	20	13	.	4	.	.	9.39	12.85	449
	1987		48	5	24	14	5	3	0	1	11.26	13.69	408
	1988		48	9	19	15	4	2	1	1	10.49	13.55	575
35+	1986		57	11	23	7	.	2	.	.	6.91	10.20	547
	1987		47	11	23	11	5	1	1	1	10.07	13.23	535
	1988		49	11	21	13	4	1	1	1	9.83	12.80	743
Time in Service													
< 3 yrs.	1986		43	8	20	21	.	8	.	.	13.31	14.88	568
	1987		26	9	23	20	13	3	1	5	18.62	17.34	188
	1988		45	8	16	17	7	3	2	2	13.32	16.26	428
3-10	1986		47	9	23	14	.	7	.	.	11.41	14.09	1185
	1987		47	7	20	16	5	2	1	3	11.90	15.23	954
	1988		47	7	20	14	5	2	2	2	12.41	15.92	1213
11-20	1986		56	9	21	9	.	4	.	.	8.33	12.27	589
	1987		48	9	23	13	5	2	0	1	10.27	12.79	656
	1988		47	10	20	14	4	2	1	1	10.62	13.70	891
> 20	1986		50	12	29	8	.	1	.	.	7.77	9.89	137
	1987		40	12	21	11	9	2	2	4	14.02	17.33	134
	1988		52	7	23	13	3	2	.	.	8.95	11.34	202
Community													
Land	1986		47	10	23	14	.	6	.	.	10.87	13.61	1568
	1987		45	8	21	14	7	1	1	3	12.36	15.36	1150
	1988		46	9	22	14	5	2	2	1	11.44	14.29	1522
Surface	1986		52	9	19	14	.	6	.	.	10.42	13.91	948
	1987		44	6	20	19	6	2	1	3	13.17	15.56	484
	1988		48	8	17	13	7	3	3	2	12.55	16.45	700
Sub	1986		40	7	28	17	.	8	.	.	13.40	14.41	116
	1987		38	11	25	14	5	3	3	1	13.23	15.06	121
	1988		61	1	15	12	5	4	.	1	9.78	14.70	104
Air	1986		53	11	24	7	.	5	.	.	8.43	12.09	132
	1987		53	9	17	14	3	.	1	3	10.05	14.95	141
	1988		52	5	25	9	4	3	0	2	10.51	14.54	117

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

9. Basketball

		Yr.	%							Mean	SD	N
			0 N/A	1 < 10 min.	2 11-20 min.	3 21-30 min.	4 31-40 min.	5 41-50 min.	6 51-60 min.	7 >than 1 hr.		
Overall	1986	70	2	4	8	.	17	.	.	10.52	17.59	2774
	1987	70	1	2	5	3	3	4	12	14.19	23.83	2028
	1988	69	1	3	4	4	2	4	12	14.18	23.86	2917
Sex												
Male	1986	68	2	4	8	.	19	.	.	11.54	18.13	2472
	1987	67	1	2	5	4	3	5	13	15.55	24.60	1777
	1988	67	2	3	5	4	3	4	14	15.45	24.58	2548
Female	1986	92	1	1	3	.	3	.	.	2.33	8.94	302
	1987	92	0	1	3	1	0	.	2	2.61	10.38	243
	1988	89	0	1	3	1	1	2	3	4.48	14.19	365
Rank												
Officer	1986	81	1	2	6	.	10	.	.	6.68	14.79	310
	1987	85	.	1	1	4	1	2	6	7.27	18.42	283
	1988	79	1	2	2	5	2	3	5	8.87	19.20	452
Enlisted	1986	69	2	4	8	.	18	.	.	10.95	17.82	2462
	1987	68	1	3	5	3	3	4	13	15.03	24.29	1734
	1988	68	1	3	5	4	2	4	13	14.69	24.21	2446
Age												
< 20 yrs.	1986	55	1	7	9	.	29	.	.	16.75	20.10	117
	1987	48	2	7	8	8	2	3	22	23.07	26.69	65
	1988	49	3	3	5	7	4	3	26	24.57	28.04	123
20-24	1986	63	1	3	10	.	22	.	.	13.43	19.00	948
	1987	62	1	2	5	4	3	4	18	18.81	26.53	451
	1988	63	1	2	4	5	2	6	16	18.06	26.08	684
25-29	1986	71	2	4	7	.	16	.	.	9.96	17.25	710
	1987	68	0	2	5	4	2	4	14	15.60	24.92	521
	1988	67	1	3	4	3	3	5	14	15.63	24.97	769
30-34	1986	77	1	3	6	.	14	.	.	8.30	16.33	451
	1987	72	1	3	4	4	4	4	8	12.37	22.08	412
	1988	73	2	3	5	3	2	2	9	11.21	21.49	569
35+	1986	82	2	4	5	.	8	.	.	5.66	13.40	543
	1987	83	0	3	4	1	2	4	4	6.91	17.05	525
	1988	82	1	3	4	3	2	2	3	6.56	16.17	735
Time in Service												
< 3 yrs.	1986	59	1	5	10	.	25	.	.	14.87	19.45	572
	1987	50	1	4	8	5	3	3	25	24.03	27.87	187
	1988	57	2	2	5	6	3	6	20	21.17	27.24	432
3-10	1986	70	2	3	8	.	18	.	.	10.82	17.88	1196
	1987	68	0	2	5	4	2	4	15	15.75	25.09	946
	1988	69	1	3	4	4	2	4	13	14.39	24.11	1206
11-20	1986	78	2	3	5	.	12	.	.	7.67	15.66	588
	1987	78	1	3	4	2	3	4	5	9.23	19.53	658
	1988	78	1	3	4	2	2	3	7	9.23	19.69	880
> 20	1986	87	.	2	6	.	5	.	.	4.22	11.66	130
	1987	74	.	2	10	2	2	7	3	10.04	18.88	127
	1988	82	1	2	6	4	1	.	4	6.20	15.32	200
Community												
Land	1986	71	1	4	7	.	17	.	.	10.25	17.49	1569
	1987	71	1	3	6	3	2	4	11	13.33	23.21	1146
	1988	69	1	3	4	4	3	4	11	13.95	23.52	1514
Surface	1986	69	2	3	8	.	18	.	.	11.15	17.97	958
	1987	68	0	3	4	3	3	5	15	15.81	25.27	482
	1988	65	2	2	4	4	.	5	16	16.68	25.64	697
Sub	1986	70	3	2	9	.	17	.	.	10.53	17.63	115
	1987	67	.	0	2	8	5	5	13	16.73	25.29	118
	1988	73	.	1	3	3	2	4	15	14.37	25.08	104
Air	1986	72	2	2	14	.	10	.	.	9.11	15.97	132
	1987	71	.	1	6	6	3	3	10	13.21	22.50	139
	1988	83	1	1	4	3	3	1	3	6.46	16.10	113

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

10. Baseball/Softball

Yr.		%								Mean	SD	N
		0 N/A	1 < 10 min.	2 11-20 min.	3 21-30 min.	4 31-40 min.	5 41-50 min.	6 51-60 min.	7 >than 1 hr.			
Overall	1986	68	1	2	5	.	23	.	.	12.34	19.17	2772
	1987	69	0	1	1	3	3	4	17	16.76	26.52	2033
	1988	66	1	1	2	2	2	7	18	18.22	27.09	2933
Sex												
Male	1986	66	1	2	6	.	25	.	.	13.23	19.54	2468
	1987	67	0	1	1	3	4	5	19	18.09	27.13	1779
	1988	63	1	1	2	2	2	8	19	19.66	27.67	2563
Female	1986	87	1	1	2	.	10	.	.	5.20	14.00	304
	1987	90	.	1	0	1	1	2	5	5.44	16.81	245
	1988	86	1	0	2	2	0	2	7	7.12	18.74	366
Rank												
Officer	1986	81	1	1	3	.	14	.	.	7.57	16.24	308
	1987	81	0	0	0	1	2	4	10	10.44	22.62	287
	1988	72	0	0	1	2	2	7	16	15.94	26.31	453
Enlisted	1986	67	1	2	5	.	24	.	.	12.88	19.41	2462
	1987	68	0	1	1	3	4	5	18	17.46	26.82	1735
	1988	65	1	1	2	2	2	7	18	18.50	27.18	2461
Age												
< 20 yrs.	1986	62	1	4	7	.	26	.	.	14.58	19.88	116
	1987	57	2	4	4	5	2	2	24	21.10	27.97	63
	1988	56	3	2	3	3	1	10	22	22.34	28.32	123
20-24	1986	64	2	2	6	.	26	.	.	13.91	19.87	947
	1987	68	1	1	2	4	3	4	19	17.55	26.87	454
	1988	63	1	1	2	3	2	7	20	19.71	27.66	688
25-29	1986	67	1	1	6	.	25	.	.	13.26	19.67	712
	1987	65	0	1	1	2	2	5	23	19.99	28.60	519
	1988	63	1	1	2	2	2	9	21	20.48	28.28	779
30-34	1986	72	.	2	5	.	20	.	.	10.92	18.43	449
	1987	70	0	0	1	4	6	5	14	15.95	25.63	416
	1988	71	1	1	2	3	3	4	16	15.62	25.81	575
35+	1986	76	1	4	3	.	16	.	.	8.58	16.81	542
	1987	77	0	1	1	2	4	4	11	12.02	23.25	527
	1988	72	1	2	2	2	1	7	13	14.23	24.76	731
Time in Service												
< 3 yrs.	1986	66	1	2	5	.	25	.	.	13.07	19.54	571
	1987	63	2	2	3	4	4	3	20	18.49	26.92	186
	1988	61	2	1	3	3	1	6	22	20.63	28.21	436
3-10	1986	67	1	2	5	.	25	.	.	13.04	19.55	1194
	1987	69	.	1	1	3	2	5	20	17.68	27.36	949
	1988	65	1	1	2	3	2	8	18	18.93	27.37	1215
11-20	1986	71	1	3	4	.	20	.	.	10.85	18.34	590
	1987	73	0	1	1	3	5	4	13	14.47	24.91	657
	1988	70	1	1	2	1	2	7	15	16.05	26.09	884
> 20	1986	75	1	1	3	.	21	.	.	10.28	18.45	128
	1987	73	0	2	.	2	8	5	10	13.81	24.02	130
	1988	70	.	6	2	2	1	6	13	14.54	24.66	200
Community												
Land	1986	70	1	2	5	.	23	.	.	11.99	19.12	1564
	1987	69	1	1	1	2	4	5	17	16.92	26.59	1143
	1988	65	1	2	2	2	2	9	17	18.66	27.18	1525
Surface	1986	67	2	3	5	.	22	.	.	12.22	18.93	956
	1987	70	0	1	1	3	3	3	18	16.43	26.46	482
	1988	67	1	1	3	3	2	5	18	17.39	26.71	700
Sub	1986	58	2	1	12	.	28	.	.	16.20	20.24	116
	1987	66	.	.	.	1	2	6	23	20.38	29.04	119
	1988	65	.	1	2	4	2	4	21	19.44	27.88	106
Air	1986	67	1	0	4	.	28	.	.	13.98	20.36	136
	1987	72	1	1	.	8	1	3	15	14.59	24.99	141
	1988	78	.	.	2	2	1	4	13	12.21	23.90	112

CURRENT PHYSICAL ACTIVITY

Duration of Workouts (i.e., time you spend exercising during one workout period)

11. Other

		Yr.	%							Mean	SD	N
			0	1	2	3	4	5	6	7		
			N/A	< 10 min.	11-20 min.	21-30 min.	31-40 min.	41-50 min.	51-60 min.	> than 1 hr.		
<u>Overall</u>	1986	21	2	6	10	.	60	.	.	31.16	18.85	581
	1987	58	1	2	3	2	2	5	29	23.63	29.59	884
	1988	55	1	2	3	2	2	3	31	24.67	29.78	1212
<u>Sex</u>												
Male	1986	21	2	6	10	.	61	.	.	31.43	18.73	536
	1987	57	0	2	2	2	2	5	31	24.88	30.02	776
	1988	54	1	2	3	2	2	3	33	25.71	30.12	1069
Female	1986	26	6	7	8	.	54	.	.	27.91	20.16	45
	1987	70	1	5	6	2	1	3	13	13.14	23.42	106
	1988	66	1	4	7	1	2	4	16	16.12	25.34	141
<u>Rank</u>												
Officer	1986	22	5	4	11	.	58	.	.	30.01	19.43	77
	1987	60	3	3	3	2	4	4	22	20.27	27.89	138
	1988	50	1	3	4	1	3	.	39	28.41	30.83	205
Enlisted	1986	21	2	6	10	.	61	.	.	31.31	18.79	504
	1987	58	0	2	2	2	1	5	30	24.04	29.80	742
	1988	56	1	2	3	2	1	3	30	24.09	29.61	1000
<u>Age</u>												
< 20 yrs.	1986	17	.	9	11	.	63	.	.	33.08	17.79	19
	1987	46	.	.	.	4	4	4	43	33.04	31.44	27
	1988	37	.	.	12	2	4	16	29	33.20	28.41	42
20-24	1986	18	.	6	10	.	65	.	.	33.27	17.81	174
	1987	59	.	2	3	2	2	3	29	23.17	29.54	176
	1988	59	2	3	3	2	2	2	27	21.17	28.64	263
25-29	1986	24	3	6	8	.	59	.	.	29.97	19.58	151
	1987	55	3	3	2	2	0	7	31	25.72	30.10	223
	1988	55	0	3	2	2	1	4	32	25.21	30.13	315
30-34	1986	23	1	5	9	.	62	.	.	31.25	19.20	97
	1987	63	0	2	2	2	1	3	26	20.82	28.99	175
	1988	56	1	3	2	3	2	2	31	24.11	29.78	227
35+	1986	22	6	6	12	.	54	.	.	29.06	19.29	139
	1987	59	2	1	4	1	3	6	25	22.23	28.88	263
	1988	53	2	1	4	2	1	1	36	26.25	30.56	350
<u>Time in Service</u>												
< 3 yrs.	1986	20	1	7	14	.	57	.	.	31.12	18.30	97
	1987	51	.	1	5	4	2	2	36	27.77	30.38	75
	1988	57	2	3	6	2	1	2	27	21.91	28.58	147
3-10	1986	22	0	6	8	.	63	.	.	31.90	18.86	261
	1987	58	.	3	3	2	1	6	28	23.84	29.59	399
	1988	56	1	4	4	2	2	3	29	23.18	29.17	506
11-20	1986	21	5	5	11	.	58	.	.	30.50	19.08	141
	1987	61	1	1	2	2	3	3	27	21.68	29.08	315
	1988	55	1	1	2	3	1	2	35	26.20	30.64	407
> 20	1986	23	10	3	12	.	52	.	.	27.96	20.07	32
	1987	57	3	.	3	.	1	4	32	24.51	30.63	63
	1988	51	4	.	3	.	2	1	39	27.72	31.35	97
<u>Community</u>												
Land	1986	20	2	6	10	.	62	.	.	31.76	18.57	348
	1987	57	0	2	2	2	2	4	31	24.89	30.08	507
	1988	53	1	3	3	2	2	3	33	25.63	29.98	644
Surface	1986	24	3	6	9	.	58	.	.	29.86	19.49	183
	1987	60	.	2	4	1	1	5	27	22.11	29.12	191
	1988	60	2	1	4	2	2	2	25	20.73	28.42	280
Sub	1986	20	.	9	9	.	62	.	.	31.74	18.83	24
	1987	68	2	.	1	1	2	3	22	17.77	28.05	62
	1988	52	.	.	1	6	.	.	42	29.28	31.63	44
Air	1986	18	4	4	14	.	60	.	.	32.15	18.35	26
	1987	47	3	5	6	3	1	7	28	25.74	29.07	63
	1988	48	.	4	4	1	2	.	40	28.96	30.98	45

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

1. Running

	Yr.	%							Mean	SD	N
		0 N/A	1 < 1 month	2 1-3 months	3 4-11 months	4 1-2 years	5 3 years	6 4 years or more			
<u>Overall</u>	1986	34	7	15	12	33	.	.	2.03	1.69	2808
	1987	28	5	14	15	13	11	15	2.71	2.15	2102
	1988	27	4	14	15	15	9	16	2.81	2.16	3015
<u>Sex</u>											
Male	1986	32	7	15	12	34	.	.	2.09	1.68	2502
	1987	25	5	15	15	13	11	15	2.82	2.13	1843
	1988	25	4	14	15	16	10	17	2.89	2.16	2635
Female	1986	47	5	13	10	25	.	.	1.59	1.70	306
	1987	48	5	11	10	11	6	9	1.84	2.11	251
	1988	37	5	14	16	13	7	9	2.18	2.05	376
<u>Rank</u>											
Officer	1986	26	2	8	11	53	.	.	2.64	1.70	323
	1987	21	1	8	12	11	18	29	3.57	2.27	302
	1988	20	1	8	10	16	14	31	3.67	2.24	476
Enlisted	1986	35	7	16	12	31	.	.	1.96	1.67	2483
	1987	28	5	15	15	13	10	13	2.62	2.12	1790
	1988	28	4	14	15	15	9	14	2.70	2.12	2519
<u>Age</u>											
< 20 yrs.	1986	17	5	24	21	32	.	.	2.45	1.43	117
	1987	6	14	40	11	10	8	11	2.73	1.71	65
	1988	17	3	27	18	16	4	15	2.87	1.90	125
20-24	1986	34	8	18	13	28	.	.	1.92	1.64	955
	1987	29	4	16	15	15	6	14	2.58	2.11	463
	1988	26	5	17	16	15	8	12	2.65	2.04	697
25-29	1986	35	6	16	8	34	.	.	2.00	1.70	715
	1987	28	5	15	16	13	11	12	2.59	2.09	535
	1988	26	5	14	14	15	9	17	2.82	2.16	794
30-34	1986	34	5	11	14	36	.	.	2.13	1.73	456
	1987	30	4	13	13	12	12	16	2.70	2.23	425
	1988	29	3	11	16	14	9	17	2.78	2.21	591
35+	1986	35	6	9	11	39	.	.	2.13	1.77	560
	1987	28	3	9	14	13	15	18	3.00	2.25	560
	1988	30	3	7	12	16	12	20	2.99	2.31	771
<u>Time in Service</u>											
< 3 yrs.	1986	30	7	20	14	29	.	.	2.07	1.61	578
	1987	20	9	27	11	12	5	16	2.65	2.01	189
	1988	24	5	18	15	19	7	13	2.72	2.01	437
3-10	1986	35	7	16	12	31	.	.	1.97	1.68	1202
	1987	29	4	14	16	13	10	13	2.63	2.12	969
	1988	26	4	15	15	14	9	15	2.76	2.13	1245
11-20	1986	34	6	13	12	35	.	.	2.07	1.72	600
	1987	28	5	12	14	13	13	15	2.78	2.19	683
	1988	31	3	9	13	15	11	17	2.80	2.27	919
> 20	1986	37	3	5	9	46	.	.	2.25	1.85	140
	1987	24	.	6	17	15	14	24	3.35	2.24	142
	1988	29	1	8	10	14	12	25	3.17	2.38	210
<u>Community</u>											
Land	1986	31	6	15	13	36	.	.	2.16	1.68	1598
	1987	25	5	15	16	14	10	14	2.75	2.09	1194
	1988	24	4	15	16	16	9	16	2.90	2.10	1573
Surface	1986	40	8	15	11	26	.	.	1.75	1.67	959
	1987	36	4	14	11	10	9	15	2.44	2.25	490
	1988	33	6	13	13	12	8	15	2.52	2.22	710
Sub	1986	33	6	14	12	35	.	.	2.11	1.71	117
	1987	30	3	13	17	13	14	10	2.63	2.11	122
	1988	27	1	17	7	16	16	16	2.96	2.22	106
Air	1986	21	5	19	11	43	.	.	2.49	1.59	134
	1987	31	5	11	16	12	10	15	2.64	2.20	143
	1988	34	1	10	8	15	15	17	2.81	2.33	117

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

2. Swimming

	Yr.	0	1	2	3	4	5	6	Mean	SD	N
		N/A	< 1 month	1-3 months	4-11 months	1-2 years	3-4 years	5 years or more			
<u>Overall</u>	1986	61	5	9	6	20	.	.	1.20	1.64	2757
	1987	55	4	10	8	7	5	12	1.71	2.20	2037
	1988	51	4	11	7	8	4	14	1.87	2.27	2930
<u>Sex</u>											
Male	1986	60	5	9	6	20	.	.	1.22	1.64	2453
	1987	54	4	10	7	8	5	12	1.75	2.22	1783
	1988	51	4	12	7	8	5	15	1.92	2.30	2561
Female	1986	68	4	4	8	16	.	.	.99	1.57	304
	1987	58	5	12	9	6	3	8	1.39	1.96	246
	1988	55	7	10	7	10	3	7	1.48	1.98	365
<u>Rank</u>											
Officer	1986	67	3	4	7	19	.	.	1.07	1.64	309
	1987	50	1	9	10	13	6	10	1.94	2.20	290
	1988	45	4	12	7	11	5	16	2.13	2.32	460
Enlisted	1986	60	5	9	6	20	.	.	1.21	1.63	2446
	1987	55	4	10	7	7	5	12	1.69	2.20	1737
	1988	52	4	11	7	7	4	14	1.82	2.26	2451
<u>Age</u>											
< 20 yrs.	1986	46	13	15	11	14	.	.	1.31	1.50	116
	1987	23	14	22	5	8	7	22	2.66	2.26	63
	1988	32	5	14	11	12	4	21	2.62	2.31	123
20-24	1986	56	5	10	8	20	.	.	1.30	1.64	948
	1987	54	4	10	8	8	5	11	1.68	2.15	457
	1988	50	4	11	6	7	5	16	1.93	2.31	683
25-29	1986	60	5	8	6	21	.	.	1.24	1.67	701
	1987	60	3	8	8	7	5	10	1.55	2.15	516
	1988	53	4	12	7	7	4	13	1.74	2.20	777
30-34	1986	65	3	7	6	19	.	.	1.11	1.63	446
	1987	56	3	7	9	7	6	12	1.73	2.23	417
	1988	57	4	12	6	7	3	12	1.57	2.15	572
35+	1986	70	2	5	4	18	.	.	.98	1.60	541
	1987	56	2	12	5	7	4	14	1.75	2.27	530
	1988	50	4	10	5	10	5	16	1.99	2.34	738
<u>Time in Service</u>											
< 3 yrs.	1986	56	6	12	8	18	.	.	1.27	1.60	573
	1987	44	9	12	8	7	5	14	1.99	2.24	186
	1988	46	5	12	8	9	5	15	2.03	2.28	431
3-10	1986	58	5	9	7	21	.	.	1.28	1.67	1189
	1987	56	3	9	9	8	5	10	1.64	2.15	950
	1988	54	3	11	7	7	4	14	1.78	2.26	1212
11-20	1986	67	3	7	4	18	.	.	1.04	1.60	588
	1987	57	3	9	6	8	4	12	1.67	2.23	665
	1988	55	4	11	5	8	4	12	1.69	2.20	884
> 20	1986	72	3	4	1	20	.	.	.95	1.62	127
	1987	53	2	15	2	6	6	16	1.90	2.37	131
	1988	48	4	6	5	12	6	18	2.18	2.43	201
<u>Community</u>											
Land	1986	61	4	8	7	19	.	.	1.20	1.64	1569
	1987	53	4	11	8	8	4	12	1.75	2.19	1150
	1988	49	4	13	8	8	5	14	1.90	2.23	1526
Surface	1986	63	5	9	5	19	.	.	1.10	1.60	945
	1987	61	3	6	7	7	5	11	1.52	2.19	477
	1988	55	4	9	5	6	3	17	1.80	2.35	697
Sub	1986	46	6	9	13	26	.	.	1.68	1.73	113
	1987	46	5	13	9	6	7	13	1.98	2.24	121
	1988	59	4	7	5	10	5	9	1.57	2.16	104
Air	1986	52	6	13	5	24	.	.	1.43	1.69	130
	1987	57	1	11	5	11	6	9	1.69	2.18	140
	1988	45	4	21	4	12	5	10	1.89	2.10	114

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

3. Bicycling

	Yr.	0	1	2	3	4	5	6	Mean	SD	N
		N/A	< 1 month	1-3 months	4-11 months	1-2 years	3-4 years	5 years or more			
<u>Overall</u>	1986	62	4	9	7	18	.	.	1.16	1.62	2757
	1987	59	3	7	9	8	4	10	1.57	2.14	2037
	1988	54	3	9	9	10	4	11	1.76	2.20	2950
<u>Sex</u>											
Male	1986	62	4	9	7	19	.	.	1.16	1.63	2451
	1987	59	3	7	8	8	4	11	1.61	2.18	1781
	1988	54	3	8	6	10	4	12	1.80	2.23	2577
Female	1986	59	6	12	8	15	.	.	1.14	1.55	306
	1987	60	5	7	11	9	3	4	1.29	1.83	248
	1988	55	6	11	10	9	3	7	1.46	1.93	369
<u>Rank</u>											
Officer	1986	52	1	7	13	26	.	.	1.61	1.77	310
	1987	49	2	7	11	10	8	13	2.07	2.31	289
	1988	38	3	9	13	16	7	14	2.41	2.23	460
Enlisted	1986	63	4	9	6	17	.	.	1.11	1.59	2445
	1987	60	3	7	8	8	4	10	1.52	2.12	1738
	1988	56	3	9	8	9	4	11	1.67	2.17	2471
<u>Age</u>											
< 20 yrs.	1986	67	3	8	3	19	.	.	1.04	1.61	116
	1987	49	7	9	3	9	5	17	1.98	2.38	62
	1988	54	3	4	5	8	2	24	2.15	2.57	122
20-24	1986	65	4	9	6	15	.	.	1.01	1.53	940
	1987	64	3	7	7	6	3	10	1.37	2.09	451
	1988	56	5	11	7	7	3	12	1.61	2.15	688
25-29	1986	59	3	9	9	19	.	.	1.25	1.64	705
	1987	60	3	7	10	8	5	8	1.48	2.07	515
	1988	57	3	8	10	10	4	9	1.62	2.11	780
30-34	1986	59	5	7	7	22	.	.	1.29	1.69	450
	1987	58	4	5	9	10	5	9	1.61	2.14	414
	1988	51	4	10	10	11	5	10	1.81	2.15	578
35+	1986	59	3	10	6	21	.	.	1.27	1.67	541
	1987	55	2	7	9	11	5	11	1.78	2.22	542
	1988	50	2	7	8	15	7	12	2.01	2.27	744
<u>Time in Service</u>											
< 3 yrs.	1986	67	3	9	7	15	.	.	1.00	1.54	573
	1987	60	4	8	6	4	7	11	1.53	2.18	185
	1988	59	4	7	7	6	3	13	1.61	2.24	430
3-10	1986	60	4	9	8	18	.	.	1.19	1.61	1185
	1987	60	3	7	9	9	4	9	1.51	2.09	947
	1988	55	3	10	9	9	4	10	1.67	2.13	1225
11-20	1986	59	4	9	7	22	.	.	1.28	1.67	587
	1987	58	3	7	10	8	5	9	1.60	2.13	666
	1988	52	3	8	10	13	5	10	1.84	2.17	888
> 20	1986	63	1	9	5	22	.	.	1.23	1.70	129
	1987	57	2	4	8	12	2	16	1.87	2.37	132
	1988	50	3	5	8	17	6	12	2.04	2.28	203
<u>Community</u>											
Land	1986	60	4	8	8	20	.	.	1.25	1.66	1570
	1987	56	3	6	9	9	5	12	1.73	2.23	1153
	1988	51	3	9	10	11	4	11	1.85	2.19	1535
Surface	1986	67	4	8	5	15	.	.	.96	1.52	943
	1987	64	4	7	7	6	3	9	1.31	2.04	475
	1988	57	4	9	7	8	3	13	1.66	2.22	702
Sub	1986	56	1	11	10	21	.	.	1.39	1.69	111
	1987	60	6	9	9	5	3	7	1.31	1.93	118
	1988	48	1	10	8	17	8	9	2.05	2.21	106
Air	1986	50	2	21	9	18	.	.	1.42	1.8	133
	1987	59	1	6	10	12	6	5	1.53	2.04	142
	1988	59	1	8	5	18	3	6	1.58	2.07	115

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

4. Racket Sports

	Yr.	%							Mean	SD	N
		0 N/A	1 < 1 month	2 1-3 months	3 4-11 months	4 1-2 years	5 3-4 years	6 5 years or more			
Overall	1986	73	3	5	5	14	.	.	.84	1.49	2733
	1987	74	3	4	5	6	3	7	1.02	1.91	2017
	1988	73	1	5	4	6	3	7	1.09	1.94	2897
Sex											
Male	1986	72	3	5	5	15	.	.	.87	1.51	2434
	1987	73	3	4	5	6	3	7	1.04	1.92	1763
	1988	72	1	5	4	6	3	8	1.14	2.00	2532
Female	1986	82	1	4	3	10	.	.	.57	1.30	299
	1987	81	1	4	2	5	3	4	.76	1.70	246
	1988	80	2	5	5	2	2	3	.68	1.53	361
Rank											
Officer	1986	69	2	4	5	20	.	.	1.07	1.67	304
	1987	70	3	2	4	3	4	14	1.37	2.30	285
	1988	62	1	3	3	8	6	16	1.77	2.44	449
Enlisted	1986	74	3	5	5	14	.	.	.82	1.47	2427
	1987	74	3	4	5	6	3	6	.98	1.84	1722
	1988	74	1	5	5	6	3	6	1.00	1.88	2429
Age											
< 20 yrs.	1986	67	7	7	9	10	.	.	.88	1.42	115
	1987	72	8	6	2	3	7	2	.83	1.64	62
	1988	75	2	5	5	6	4	4	.93	1.78	121
20-24	1986	71	3	7	5	14	.	.	.88	1.49	939
	1987	72	3	6	6	6	3	4	.97	1.76	452
	1988	69	2	6	6	8	3	6	1.13	1.89	677
25-29	1986	72	2	6	5	16	.	.	.92	1.55	697
	1987	71	2	5	4	7	3	7	1.15	1.99	512
	1988	71	2	6	5	6	4	7	1.14	1.98	767
30-34	1986	75	2	4	4	14	.	.	.81	1.49	440
	1987	74	2	1	4	7	3	9	1.13	2.05	414
	1988	75	1	4	4	5	3	8	1.04	1.97	572
35+	1986	80	2	2	2	15	.	.	.68	1.45	537
	1987	78	3	2	4	2	3	8	.88	1.87	525
	1988	78	0	2	2	5	3	10	1.03	2.06	725
Time in Service											
< 3 yrs.	1986	71	2	8	6	13	.	.	.87	1.48	564
	1987	70	3	7	3	6	7	4	1.09	1.88	184
	1988	73	2	5	5	5	4	6	1.02	1.88	426
3-10	1986	70	3	5	5	16	.	.	.93	1.55	1176
	1987	72	3	5	5	6	3	6	1.04	1.88	942
	1988	69	2	7	5	7	3	7	1.19	1.97	1201
11-20	1986	77	3	4	4	13	.	.	.72	1.42	584
	1987	77	1	1	5	5	3	8	.99	1.94	655
	1988	76	1	2	3	5	3	9	1.08	2.05	879
> 20	1986	80	.	2	1	17	.	.	.75	1.54	129
	1987	73	6	5	2	1	3	10	1.02	2.00	132
	1988	83	0	1	1	4	3	7	.80	1.88	198
Community											
Land	1986	72	3	5	5	16	.	.	.89	1.54	1554
	1987	72	3	4	5	5	4	7	1.08	1.96	1137
	1988	72	1	5	6	6	3	8	1.11	1.97	1506
Surface	1986	76	2	6	4	12	.	.	.73	1.40	933
	1987	79	2	2	4	6	1	6	.84	1.78	477
	1988	76	2	5	3	5	2	7	.94	1.87	689
Sub	1986	64	3	6	6	20	.	.	1.15	1.67	115
	1987	70	1	5	5	9	5	5	1.17	1.95	117
	1988	60	3	6	4	12	9	6	1.56	2.13	104
Air	1986	74	2	7	3	13	.	.	.78	1.43	131
	1987	72	3	4	4	7	3	7	1.10	1.96	139
	1988	69	2	6	1	6	5	7	1.21	2.03	112

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

5. Continuous Walking

	Yr.	%							Mean	SD	N
		0	1	2	3	4	5	6			
		N/A	< 1 month	1-3 months	4-11 months	1-2 years	3-4 years	5 years or more			
<u>Overall</u>	1986	30	3	10	9	47	.	.	2.41	1.75	2746
	1987	39	3	10	11	11	7	20	2.54	2.38	2043
	1988	40	3	9	11	12	7	19	2.47	2.36	2937
<u>Sex</u>											
Male	1986	30	3	10	9	47	.	.	2.40	1.75	2446
	1987	40	3	9	10	11	6	21	2.51	2.40	1787
	1988	41	3	8	11	12	7	19	2.45	2.38	2563
Female	1986	27	4	11	10	48	.	.	2.47	1.71	300
	1987	27	5	15	16	10	9	17	2.76	2.18	248
	1988	31	5	13	15	14	5	18	2.61	2.21	370
<u>Rank</u>											
Officer	1986	40	2	5	8	44	.	.	2.13	1.86	312
	1987	47	1	8	9	11	9	16	2.25	2.38	289
	1988	44	2	6	10	13	6	20	2.42	2.43	455
Enlisted	1986	29	4	11	9	48	.	.	2.44	1.73	2432
	1987	38	3	10	11	11	7	21	2.57	2.38	1744
	1988	39	3	9	11	12	7	19	2.48	2.35	2463
<u>Age</u>											
< 20 yrs.	1986	19	3	17	22	39	.	.	2.60	1.50	117
	1987	25	3	35	7	5	3	22	2.61	2.18	65
	1988	44	3	12	11	8	5	18	2.22	2.33	118
20-24	1986	26	4	11	9	50	.	.	2.51	1.71	939
	1987	43	4	10	10	11	5	17	2.26	2.32	455
	1988	44	4	8	12	13	5	15	2.19	2.28	683
25-29	1986	34	3	8	9	46	.	.	2.25	1.80	694
	1987	41	3	8	11	10	7	20	2.45	2.41	524
	1988	43	4	9	10	10	7	18	2.33	2.37	778
30-34	1986	31	3	11	9	46	.	.	2.38	1.75	440
	1987	41	2	8	11	10	9	20	2.55	2.41	411
	1988	41	3	9	11	14	7	19	2.53	2.35	577
35+	1986	33	3	9	7	48	.	.	2.33	1.80	551
	1987	33	2	9	12	14	7	23	2.88	2.37	535
	1988	31	1	8	11	13	9	26	3.04	2.39	744
<u>Time in Service</u>											
< 3 yrs.	1986	23	5	14	10	49	.	.	2.57	1.64	571
	1987	36	5	22	9	9	3	16	2.24	2.16	187
	1988	41	5	10	11	10	5	19	2.34	2.35	430
3-10	1986	32	3	9	8	49	.	.	2.37	1.78	1177
	1987	41	3	8	11	11	7	18	2.44	2.38	959
	1988	44	3	8	12	12	6	15	2.22	2.29	1213
11-20	1986	31	5	10	9	45	.	.	2.32	1.75	590
	1987	39	2	10	11	11	6	20	2.53	2.39	658
	1988	35	2	9	12	13	8	21	2.73	2.37	890
> 20	1986	35	3	4	6	53	.	.	2.39	1.86	131
	1987	27	1	7	11	13	9	31	3.36	2.41	135
	1988	34	1	6	5	15	8	30	3.15	2.53	205
<u>Community</u>											
Land	1986	32	4	10	9	44	.	.	2.29	1.76	1559
	1987	37	3	11	12	11	6	20	2.56	2.36	1153
	1988	40	3	10	12	12	6	17	2.38	2.32	1527
Surface	1986	26	3	10	9	52	.	.	2.59	1.70	939
	1987	37	3	8	10	11	9	22	2.70	2.44	481
	1988	37	4	9	10	12	8	22	2.66	2.41	597
Sub	1986	27	.	8	8	57	.	.	2.70	1.73	117
	1987	50	3	7	9	9	6	17	2.10	2.39	120
	1988	15	.	4	11	18	6	16	2.39	2.36	106
Air	1986	35	3	15	4	42	.	.	2.15	1.78	131
	1987	43	3	9	5	15	8	15	2.31	2.35	141
	1988	41	2	6	13	11	7	21	2.57	2.45	114

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

6. Aerobic Dance/Exercise Class

	Yr.	%							Mean	SD	N
		0 N/A	1 < 1 month	2 1-3 months	3 4-11 months	4 1-2 years	5 3-4 years	6 5 years or more			
Overall	1986	86	2	4	3	6	.	.	.40	1.07	2714
	1987	87	1	4	3	3	1	1	.44	1.22	2021
	1988	88	1	2	3	3	1	2	.44	1.28	2894
Sex											
Male	1986	89	1	3	2	4	.	.	.30	.94	2413
	1987	90	1	3	2	2	1	1	.31	1.04	1761
	1988	91	1	2	2	2	1	1	.31	1.11	2521
Female	1986	61	4	11	8	17	.	.	1.17	1.60	301
	1987	55	4	10	11	10	5	4	1.49	1.91	252
	1988	60	4	8	11	9	4	5	1.37	1.92	369
Rank											
Officer	1986	84	1	3	5	6	.	.	.49	1.18	306
	1987	87	0	2	4	2	2	2	.50	1.38	287
	1988	88	1	2	2	3	1	2	.45	1.34	450
Enlisted	1986	86	2	4	2	6	.	.	.39	1.06	2406
	1987	86	1	4	3	3	1	1	.43	1.21	1724
	1988	87	1	2	3	3	1	2	.44	1.27	2424
Age											
< 20 yrs.	1986	86	.	9	.	5	.	.	.39	1.02	116
	1987	72	.	18	8	2	.	.	.68	1.14	64
	1988	87	2	3	1	2	3	1	.42	1.24	121
20-24	1986	84	2	5	3	6	.	.	.46	1.14	933
	1987	85	3	5	3	4	1	1	.43	1.14	453
	1988	86	2	2	4	3	1	2	.48	1.31	679
25-29	1986	84	3	4	3	7	.	.	.46	1.14	690
	1987	86	1	4	3	3	2	2	.48	1.31	515
	1988	85	1	3	3	3	1	2	.51	1.37	764
30-34	1986	87	2	3	2	5	.	.	.37	1.05	438
	1987	85	0	2	4	4	2	3	.57	1.47	411
	1988	90	0	2	2	3	1	1	.38	1.21	568
35+	1986	92	1	2	2	3	.	.	.23	.85	532
	1987	94	1	1	2	2	0	1	.22	.89	527
	1988	92	1	1	2	2	2	1	.33	1.16	725
Time in Service											
< 3 yrs.	1986	84	2	6	2	6	.	.	.44	1.10	566
	1987	78	2	10	5	2	1	2	.62	1.32	187
	1988	87	2	2	3	3	1	1	.44	1.25	427
3-10	1986	84	2	4	3	7	.	.	.45	1.13	1168
	1987	85	2	4	4	4	1	1	.46	1.23	944
	1988	85	1	3	4	3	1	2	.49	1.31	1199
11-20	1986	92	1	2	2	3	.	.	.24	.85	577
	1987	89	0	2	3	3	1	2	.41	1.27	658
	1988	90	1	2	2	2	2	2	.39	1.26	870
> 20	1986	96	2	0	2	0	.	.	.09	.50	126
	1987	98	.	1	0	1	.	.	.07	.50	130
	1988	97	.	1	1	1	1	.	.12	.68	201
Community											
Land	1986	84	1	5	3	6	.	.	.47	1.15	1542
	1987	83	2	4	4	3	1	1	.53	1.31	1141
	1988	87	1	2	4	3	1	2	.45	1.28	1503
Surface	1986	88	2	3	1	5	.	.	.34	1.01	928
	1987	92	.	3	1	3	0	1	.30	1.09	475
	1988	87	2	2	3	2	1	2	.45	1.30	687
Sub	1986	91	1	3	1	4	.	.	.26	.90	114
	1987	88	.	2	3	3	2	1	.44	1.28	120
	1988	89	.	3	1	3	1	2	.44	1.33	103
Air	1986	94	2	2	1	1	.	.	.13	.58	130
	1987	89	3	3	2	1	.	2	.33	1.09	138
	1988	86	.	4	1	5	4	.	.50	1.34	115

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

7. Weight Lifting

	Yr.	%							Mean	SD	N
		0	1	2	3	4	5	6			
		N/A	< 1 month	1-3 months	4-11 months	1-2 years	3-4 years	5 years or more			
<u>Overall</u>	1986	53	5	11	10	21	.	.	1.43	1.67	276
	1987	54	4	8	11	9	7	9	1.74	2.16	205
	1988	52	3	9	10	11	7	8	1.82	2.15	295
<u>Sex</u>											
Male	1986	51	5	11	10	22	.	.	1.47	1.68	246
	1987	52	4	8	11	9	7	10	1.81	2.19	180
	1988	50	3	8	10	12	7	9	1.89	2.18	257
Female	1986	63	4	9	10	15	.	.	1.10	1.57	30
	1987	66	3	8	11	5	4	3	1.12	1.76	25
	1988	60	2	10	12	8	5	3	1.33	1.81	37
<u>Rank</u>											
Officer	1986	60	2	7	8	23	.	.	1.32	1.72	31
	1987	60	1	5	9	7	8	10	1.65	2.22	29
	1988	58	1	6	6	10	5	13	1.77	2.31	45
Enlisted	1986	52	5	12	11	21	.	.	1.45	1.66	245
	1987	53	4	8	11	9	7	9	1.75	2.15	175
	1988	51	3	9	11	12	7	8	1.83	2.13	247
<u>Age</u>											
< 20 yrs.	1986	38	7	13	16	26	.	.	1.86	1.67	11
	1987	27	5	14	14	21	11	8	2.62	2.01	6
	1988	28	5	17	9	18	16	7	2.57	2.05	12
20-24	1986	41	6	14	14	25	.	.	1.76	1.68	94
	1987	46	5	9	13	9	8	9	1.94	2.14	46
	1988	40	4	10	15	14	8	10	2.24	2.15	69
25-29	1986	51	5	12	8	24	.	.	1.48	1.69	70
	1987	52	3	9	10	8	7	10	1.80	2.19	52
	1988	48	3	8	11	12	7	10	1.98	2.21	78
30-34	1986	61	4	9	9	17	.	.	1.17	1.61	44
	1987	56	2	7	10	8	7	9	1.71	2.19	41
	1988	60	2	8	8	9	6	7	1.49	2.05	58
35+	1986	72	3	7	6	12	.	.	.83	1.45	54
	1987	68	2	4	8	7	4	7	1.24	2.00	53
	1988	73	1	6	5	7	4	6	1.06	1.90	73
<u>Time in Service</u>											
< 3 yrs.	1986	41	7	13	16	23	.	.	1.73	1.65	57
	1987	41	5	12	12	11	8	10	2.13	2.15	18
	1988	35	4	14	14	15	9	9	2.35	2.10	44
3-10	1986	50	5	12	10	24	.	.	1.54	1.70	119
	1987	50	4	8	12	9	8	9	1.86	2.16	96
	1988	48	3	8	12	12	7	10	2.01	2.20	121
11-20	1986	67	3	9	8	13	.	.	.97	1.51	58
	1987	63	3	6	9	6	5	7	1.38	2.04	66
	1988	65	2	7	5	8	6	6	1.32	2.02	88
> 20	1986	70	3	4	4	19	.	.	.99	1.63	13
	1987	66	.	1	9	5	5	14	1.59	2.33	13
	1988	75	2	3	4	7	3	6	.99	1.89	20
<u>Community</u>											
Land	1986	55	4	10	10	21	.	.	1.38	1.67	157
	1987	56	3	7	10	9	6	8	1.66	2.13	116
	1988	53	2	9	9	11	7	8	1.74	2.12	152
Surface	1986	48	6	13	11	22	.	.	1.53	1.66	95
	1987	51	5	9	11	9	8	8	1.76	2.11	48
	1988	46	4	8	13	13	7	9	1.99	2.13	70
Sub	1986	50	4	11	9	25	.	.	1.54	1.72	11
	1987	45	3	12	15	5	6	14	2.06	2.23	12
	1988	49	1	11	7	9	8	14	2.06	2.34	10
Air	1986	59	4	9	6	22	.	.	1.29	1.69	13
	1987	51	3	6	9	6	12	13	2.02	2.36	13
	1988	67	.	5	7	12	4	5	1.29	2.00	11

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

7. Weight Lifting

	Yr.	%							Mean	SD	N
		0 N/A	1 < 1 month	2 1-3 months	3 4-11 months	4 1-2 years	5 3-4 years	6 5 years or more			
<u>Overall</u>	1986	53	5	11	10	21	.	.	1.43	1.67	2769
	1987	54	4	8	11	9	7	9	1.74	2.16	2058
	1988	52	3	9	10	11	7	8	1.82	2.15	2950
<u>Sex</u>											
Male	1986	51	5	11	10	22	.	.	1.47	1.68	2468
	1987	52	4	8	11	9	7	10	1.81	2.19	1800
	1988	50	3	8	10	12	7	9	1.89	2.18	2575
Female	1986	63	4	9	10	15	.	.	1.10	1.57	301
	1987	66	3	8	11	5	4	3	1.12	1.76	250
	1988	60	2	10	12	8	5	3	1.33	1.81	371
<u>Rank</u>											
Officer	1986	60	2	7	8	23	.	.	1.32	1.72	313
	1987	60	1	5	9	7	8	10	1.65	2.22	292
	1988	58	1	6	6	10	5	13	1.77	2.31	455
Enlisted	1986	52	5	12	11	21	.	.	1.45	1.66	2454
	1987	53	4	8	11	9	7	9	1.75	2.15	1756
	1988	51	3	9	11	12	7	8	1.83	2.13	2476
<u>Age</u>											
< 20 yrs.	1986	38	7	13	16	26	.	.	1.86	1.67	117
	1987	27	5	14	14	21	11	8	2.62	2.01	64
	1988	28	5	17	9	18	16	7	2.57	2.05	124
20-24	1986	41	6	14	14	25	.	.	1.76	1.68	948
	1987	46	5	9	13	9	8	9	1.94	2.14	460
	1988	40	4	10	15	14	8	10	2.24	2.15	691
25-29	1986	51	5	12	8	24	.	.	1.48	1.69	707
	1987	52	3	9	10	8	7	10	1.80	2.19	522
	1988	48	3	8	11	12	7	10	1.98	2.21	786
30-34	1986	61	4	9	9	17	.	.	1.17	1.61	448
	1987	56	2	7	10	8	7	9	1.71	2.19	419
	1988	60	2	8	8	9	6	7	1.49	2.05	580
35+	1986	72	3	7	6	12	.	.	.83	1.45	544
	1987	68	2	4	8	7	4	7	1.24	2.00	539
	1988	73	1	6	5	7	4	6	1.06	1.90	731
<u>Time in Service</u>											
< 3 yrs.	1986	41	7	13	16	23	.	.	1.73	1.65	571
	1987	41	5	12	12	11	8	10	2.13	2.15	186
	1988	35	4	14	14	15	9	9	2.35	2.10	440
3-10	1986	50	5	12	10	24	.	.	1.54	1.70	1193
	1987	50	4	8	12	9	8	9	1.86	2.16	962
	1988	48	3	8	12	12	7	10	2.01	2.20	1219
11-20	1986	67	3	9	8	13	.	.	.97	1.51	588
	1987	63	3	6	9	6	5	7	1.38	2.04	666
	1988	65	2	7	5	8	6	6	1.32	2.02	886
> 20	1986	70	3	4	4	19	.	.	.99	1.63	132
	1987	66	.	1	9	5	5	14	1.59	2.33	135
	1988	75	2	3	4	7	3	6	.99	1.89	203
<u>Community</u>											
Land	1986	55	4	10	10	21	.	.	1.38	1.67	1571
	1987	56	3	7	10	9	6	8	1.66	2.13	1166
	1988	53	2	9	9	11	7	8	1.74	2.12	1529
Surface	1986	46	6	13	11	22	.	.	1.53	1.66	951
	1987	51	5	8	11	9	8	8	1.76	2.11	483
	1988	46	4	8	13	13	7	9	1.99	2.13	706
Sub	1986	50	4	11	9	25	.	.	1.54	1.72	114
	1987	45	3	12	15	5	6	14	2.06	2.23	121
	1988	49	1	11	7	9	8	14	2.06	2.34	104
Air	1986	59	4	9	6	22	.	.	1.29	1.69	133
	1987	51	3	6	9	6	12	13	2.02	2.36	138
	1988	67	.	5	7	12	4	5	1.29	2.00	117

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

8. Calisthenics

	Yr.	%							Mean	SD	N
		0 N/A	1 < 1 month	2 1-3 months	3 4-11 months	4 1-2 years	5 3-4 years	6 5 years or more			
<u>Overall</u>	1986	49	4	11	10	25	.	.	1.57	1.71	2756
	1987	45	3	11	11	9	7	14	2.11	2.27	2042
	1988	48	2	9	11	11	6	13	2.06	2.26	2922
<u>Sex</u>											
Male	1986	48	4	11	11	25	.	.	1.62	1.71	2452
	1987	44	3	11	11	10	7	14	2.18	2.28	1790
	1988	47	2	9	11	11	6	13	2.10	2.28	2554
Female	1986	60	6	10	5	19	.	.	1.18	1.62	304
	1987	58	5	11	7	7	4	8	1.43	2.01	244
	1988	52	3	9	14	8	5	9	1.73	2.10	364
<u>Rank</u>											
Officer	1986	53	2	5	10	30	.	.	1.62	1.82	311
	1987	51	1	6	9	5	10	18	2.17	2.48	287
	1988	49	1	6	7	10	7	20	2.31	2.50	456
Enlisted	1986	49	5	12	10	24	.	.	1.56	1.70	2443
	1987	45	3	11	11	10	6	13	2.10	2.24	1745
	1988	48	3	9	12	11	6	12	2.02	2.23	2447
<u>Age</u>											
< 20 yrs.	1986	32	6	22	21	20	.	.	1.90	1.53	116
	1987	19	8	35	11	9	4	13	2.46	1.89	64
	1988	44	3	16	6	18	5	8	1.97	2.08	120
20-24	1986	48	5	12	11	25	.	.	1.60	1.71	942
	1987	45	4	13	10	10	6	13	2.04	2.20	453
	1988	47	3	10	13	12	6	9	1.93	2.12	680
25-29	1986	48	5	11	10	26	.	.	1.67	1.72	703
	1987	48	2	9	14	7	8	12	2.12	2.23	522
	1988	47	3	8	11	11	5	15	2.11	2.31	773
30-34	1986	52	3	11	10	24	.	.	1.52	1.71	447
	1987	47	2	10	9	10	8	14	2.13	2.32	417
	1988	49	2	7	11	10	9	12	2.06	2.29	580
35+	1986	57	4	8	8	24	.	.	1.39	1.73	543
	1987	47	2	7	11	10	6	17	2.18	2.36	534
	1988	50	2	7	9	10	7	17	2.15	2.40	732
<u>Time in Service</u>											
< 3 yrs.	1986	45	5	14	13	23	.	.	1.65	1.67	570
	1987	29	7	24	8	13	4	15	2.39	2.10	185
	1988	45	3	11	12	17	5	8	1.99	2.09	433
3-10	1986	47	4	11	11	27	.	.	1.65	1.73	1184
	1987	49	3	9	12	8	7	12	1.99	2.25	953
	1988	47	2	9	13	10	6	13	2.05	2.25	1209
11-20	1986	55	4	10	9	22	.	.	1.39	1.69	588
	1987	48	3	11	10	9	6	14	2.01	2.27	663
	1988	48	2	9	9	10	8	14	2.09	2.31	883
> 20	1986	50	3	5	9	33	.	.	1.72	1.84	134
	1987	40	.	3	11	15	9	23	2.80	2.49	134
	1988	53	1	3	6	11	7	19	2.17	2.51	203
<u>Community</u>											
Land	1986	47	4	11	10	26	.	.	1.64	1.72	1566
	1987	45	3	11	11	9	6	14	2.09	2.26	1156
	1988	46	3	10	11	11	6	14	2.11	2.26	1518
Surface	1986	53	4	12	10	21	.	.	1.43	1.67	942
	1987	46	3	13	10	9	5	14	2.06	2.25	481
	1988	48	3	9	14	11	6	9	1.93	2.14	699
Sub	1986	39	3	7	15	36	.	.	2.07	1.79	115
	1987	39	2	15	16	8	10	12	2.29	2.18	121
	1988	51	1	4	7	9	6	11	1.63	2.26	104
Air	1986	57	5	10	9	20	.	.	1.30	1.65	133
	1987	55	2	4	6	13	8	12	1.91	2.32	137
	1988	55	2	8	8	7	5	16	1.90	2.37	115

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

9. Basketball

	Yr.	%							Mean	SD	N
		0 N/A	< 1 month	1-3 months	3 4-11 months	4 1-2 years	5 3-4 years	6 5 years or more			
<u>Overall</u>	1986	70	2	5	4	18	.	.	.97	1.60	2747
	1987	70	1	4	4	4	3	14	1.37	2.27	2039
	1988	69	2	4	3	4	3	15	1.38	2.28	2915
<u>Sex</u>											
Male	1986	68	2	5	5	20	.	.	1.06	1.64	2448
	1987	67	1	4	4	5	4	15	1.49	2.32	1785
	1988	67	2	4	4	5	3	16	1.50	2.34	2547
Female	1986	92	2	2	1	4	.	.	.22	.82	299
	1987	92	.	1	0	1	0	4	.37	1.35	246
	1988	89	1	2	1	3	1	4	.47	1.46	364
<u>Rank</u>											
Officer	1986	81	1	3	5	10	.	.	.62	1.34	308
	1987	85	.	1	2	3	3	6	.69	1.74	288
	1988	79	0	2	2	4	2	11	1.00	2.07	452
Enlisted	1986	69	2	5	4	19	.	.	1.01	1.62	2437
	1987	68	1	4	4	5	3	15	1.45	2.31	1741
	1988	68	2	4	4	4	3	15	1.42	2.29	2444
<u>Age</u>											
< 20 yrs.	1986	54	6	5	10	24	.	.	1.44	1.73	116
	1987	44	7	7	3	14	5	20	2.33	2.46	63
	1988	46	4	4	7	6	5	28	2.50	2.63	122
20-24	1986	64	3	5	4	24	.	.	1.21	1.72	941
	1987	63	1	5	4	5	4	18	1.71	2.44	455
	1988	63	2	5	4	5	4	18	1.70	2.42	689
25-29	1986	71	2	6	6	16	.	.	.94	1.56	698
	1987	69	1	2	5	5	4	15	1.47	2.34	524
	1988	67	1	5	4	5	2	15	1.45	2.29	770
30-34	1986	77	2	4	3	15	.	.	.77	1.48	447
	1987	72	1	4	5	4	3	12	1.24	2.15	415
	1988	74	2	3	2	3	2	13	1.17	2.19	571
35+	1986	81	2	4	2	10	.	.	.58	1.30	540
	1987	83	0	2	2	3	1	8	.78	1.86	528
	1988	83	1	2	2	3	1	7	.73	1.77	727
<u>Time in Service</u>											
< 3 yrs.	1986	60	3	6	7	24	.	.	1.31	1.73	570
	1987	49	5	5	3	9	7	22	2.25	2.55	187
	1988	56	2	6	4	5	5	22	2.00	2.53	435
3-10	1986	71	2	5	5	18	.	.	.98	1.60	1182
	1987	68	1	4	5	5	4	14	1.46	2.30	955
	1988	69	2	5	4	5	3	13	1.36	2.23	1205
11-20	1986	77	3	4	3	13	.	.	.73	1.43	585
	1987	79	1	3	2	3	3	9	.95	1.98	660
	1988	79	2	3	2	3	2	10	.96	2.00	878
> 20	1986	86	0	2	.	11	.	.	.49	1.28	129
	1987	75	.	2	4	4	1	14	1.22	2.24	130
	1988	85	1	.	2	3	2	7	.69	1.76	198
<u>Community</u>											
Land	1986	71	2	5	5	17	.	.	.93	1.57	1557
	1987	71	1	3	5	4	3	13	1.30	2.21	1152
	1988	70	2	4	4	5	3	13	1.31	2.20	1509
Surface	1986	69	3	4	4	20	.	.	1.03	1.64	946
	1987	69	2	4	2	6	4	13	1.39	2.27	481
	1988	65	1	4	3	3	3	20	1.67	2.48	699
Sub	1986	69	4	4	7	17	.	.	1.00	1.60	114
	1987	65	0	2	6	4	8	14	1.65	2.40	120
	1988	71	1	4	3	4	3	13	1.28	2.22	104
Air	1986	72	2	4	4	18	.	.	.92	1.58	130
	1987	70	0	3	2	4	4	16	1.45	2.39	138
	1988	82	2	1	2	4	1	8	.80	1.87	116

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

10. Baseball/Softball

		Yr.									
		0	1	2	3	4	5	6	Mean	SD	N
		N/A	< 1 month	1-3 months	4-11 months	1-2 years	3-4 years	5 years or more			
Overall	1986	68	3	5	4	20	.	.	1.03	1.63	2749
	1987	68	1	4	3	4	4	15	1.44	2.31	2036
	1988	66	1	5	4	4	4	16	1.54	2.36	2925
Sex											
Male	1986	66	3	6	4	21	.	.	1.11	1.66	2447
	1987	66	1	5	4	4	4	16	1.55	2.36	1780
	1988	63	2	5	4	5	4	17	1.65	2.40	2557
Female	1986	87	2	1	2	8	.	.	.42	1.16	302
	1987	89	1	2	0	1	0	8	.54	1.65	248
	1988	86	0	2	2	1	1	7	.66	1.74	364
Rank											
Officer	1986	80	2	3	3	12	.	.	.64	1.37	305
	1987	82	.	2	3	2	2	10	.88	1.97	289
	1988	71	1	5	3	3	3	14	1.30	2.23	452
Enlisted	1986	67	3	5	4	21	.	.	1.08	1.65	2442
	1987	67	1	5	3	4	4	16	1.51	2.34	1737
	1988	65	2	5	4	4	4	16	1.57	2.37	2454
Age											
< 20 yrs.	1986	68	3	3	4	22	.	.	1.09	1.69	116
	1987	56	5	4	3	5	4	23	2.02	2.58	63
	1988	58	1	9	2	2	5	23	1.95	2.57	121
20-24	1986	64	3	6	3	23	.	.	1.17	1.69	944
	1987	67	1	4	4	4	4	16	1.54	2.38	454
	1988	62	2	5	4	6	3	17	1.69	2.40	690
25-29	1986	67	3	6	5	20	.	.	1.09	1.65	700
	1987	65	1	4	5	4	5	16	1.59	2.37	519
	1988	63	1	5	4	5	4	17	1.66	2.40	775
30-34	1986	72	3	4	4	18	.	.	.93	1.58	446
	1987	68	1	5	3	6	4	13	1.41	2.25	418
	1988	71	1	5	3	3	4	13	1.29	2.22	576
35+	1986	77	3	4	.	15	.	.	.75	1.47	537
	1987	76	1	4	.	2	1	14	1.15	2.20	529
	1988	73	1	4	2	3	3	15	1.30	2.28	728
Time in Service											
< 3 yrs.	1986	68	3	5	3	21	.	.	1.07	1.66	568
	1987	61	3	3	5	5	7	16	1.76	2.44	187
	1988	61	2	7	3	6	4	17	1.72	2.41	435
3-10	1986	67	3	5	4	21	.	.	1.10	1.67	1185
	1987	68	1	4	4	4	4	15	1.45	2.31	948
	1988	65	2	5	5	5	4	15	1.55	2.34	1211
11-20	1986	71	3	5	3	18	.	.	.94	1.58	585
	1987	71	1	5	2	4	3	13	1.27	2.21	661
	1988	70	1	5	2	4	3	15	1.36	2.29	883
> 20	1986	75	1	5	0	19	.	.	.88	1.59	127
	1987	72	.	4	0	4	1	18	1.40	2.40	132
	1988	72	1	3	3	1	4	15	1.34	2.32	200
Community											
Land	1986	70	2	4	4	19	.	.	1.00	1.62	1559
	1987	67	2	4	4	5	4	15	1.47	2.31	1145
	1988	65	2	6	5	4	4	15	1.52	2.30	1517
Surface	1986	67	4	6	3	21	.	.	1.05	1.64	942
	1987	71	0	5	3	3	3	15	1.37	2.30	482
	1988	67	1	4	3	4	3	19	1.58	2.44	699
Sub	1986	56	3	9	9	22	.	.	1.37	1.70	114
	1987	64	.	5	4	5	6	16	1.71	2.44	121
	1988	66	2	4	3	5	5	15	1.57	2.38	104
Air	1986	67	5	7	4	17	.	.	.98	1.56	134
	1987	72	1	3	1	5	4	15	1.38	2.34	138
	1988	80	1	2	3	3	1	10	.94	2.00	115

CURRENT PHYSICAL ACTIVITY

Exercise History (i.e., how long you have been on this schedule)

11. Other

	Yr.	%							Mean	SD	N
		0 N/A	1 < 1 month	2 1-3 months	3 4-11 months	4 1-2 years	5 3-4 years	6 5 years or more			
<u>Overall</u>	1986	20	4	8	13	55	.	.	2.80	1.59	569
	1987	57	1	4	6	6	7	19	1.96	2.49	879
	1988	54	1	4	5	10	7	19	2.10	2.50	1200
<u>Sex</u>											
Male	1986	20	3	8	13	56	.	.	2.83	1.59	524
	1987	56	1	4	6	6	7	20	2.04	2.52	773
	1988	53	1	5	4	10	7	20	2.19	2.53	1058
Female	1986	23	7	8	18	44	.	.	2.53	1.64	45
	1987	69	0	6	6	6	.	6	1.22	2.03	104
	1988	65	1	3	11	10	0	10	1.43	2.12	140
<u>Rank</u>											
Officer	1986	20	5	10	17	48	.	.	2.68	1.59	74
	1987	58	1	4	9	8	7	13	1.84	2.35	138
	1988	48	2	5	5	13	5	22	2.37	2.54	200
Enlisted	1986	20	4	7	13	56	.	.	2.82	1.59	495
	1987	57	1	4	6	6	6	19	1.97	2.51	737
	1988	55	1	4	5	10	7	18	2.06	2.48	993
<u>Age</u>											
< 20 yrs.	1986	16	11	.	.	74	.	.	3.05	1.64	20
	1987	46	.	.	8	5	19	23	2.74	2.67	27
	1988	33	1	7	7	9	15	28	3.18	2.52	44
20-24	1986	18	2	10	14	56	.	.	2.88	1.54	170
	1987	59	3	3	7	6	7	14	1.76	2.38	173
	1988	60	1	5	5	8	3	18	1.81	2.43	268
25-29	1986	22	5	9	13	52	.	.	2.69	1.63	149
	1987	55	2	4	7	7	6	20	2.09	2.52	218
	1988	55	1	4	5	10	8	17	2.06	2.48	308
30-34	1986	22	1	5	12	60	.	.	2.86	1.64	95
	1987	62	1	6	3	4	6	19	1.79	2.49	173
	1988	56	1	6	5	12	8	11	1.87	2.30	229
35+	1986	20	6	6	16	52	.	.	2.73	1.61	134
	1987	57	0	5	6	7	5	20	2.01	2.52	268
	1988	51	1	2	3	11	7	25	2.42	2.64	336
<u>Time in Service</u>											
< 3 yrs.	1986	20	6	8	12	54	.	.	2.73	1.62	94
	1987	50	4	.	6	4	9	27	2.47	2.70	75
	1988	55	1	5	7	9	7	16	1.98	2.42	147
3-10	1986	20	2	8	12	58	.	.	2.86	1.58	253
	1987	58	2	5	8	7	6	15	1.81	2.36	393
	1988	56	2	5	6	10	5	17	1.94	2.42	503
11-20	1986	20	4	5	16	54	.	.	2.79	1.60	140
	1987	59	1	5	4	6	6	19	1.90	2.50	313
	1988	54	1	4	4	11	8	19	2.17	2.52	396
> 20	1986	21	7	11	7	54	.	.	2.66	1.67	31
	1987	55	.	3	5	4	4	30	2.32	2.74	64
	1988	51	1	1	3	10	9	26	2.51	2.69	95
<u>Community</u>											
Land	1986	19	4	6	15	55	.	.	2.85	1.57	345
	1987	56	1	5	5	6	7	19	2.02	2.51	502
	1988	53	1	5	6	12	6	18	2.14	2.46	645
Surface	1986	22	4	9	8	57	.	.	2.74	1.65	175
	1987	58	2	4	7	2	5	21	1.93	2.53	188
	1988	59	0	4	4	6	5	20	1.94	2.53	269
Sub	1986	21	.	19	19	40	.	.	2.57	1.56	23
	1987	64	2	2	5	10	10	6	1.49	2.19	60
	1988	52	3	9	1	8	10	18	2.11	2.51	44
Air	1986	18	4	6	15	57	.	.	2.90	1.57	26
	1987	51	.	1	11	8	10	20	2.34	2.55	65
	1988	50	.	3	1	21	6	19	2.37	2.53	45

SUBSTANCE CONSUMPTION

SUBSTANCE CONSUMPTION

Caffeine

- o Average coffee consumption was 2-3 cups per day; average caffeinated cola consumption was also 2-3 drinks per day.
- o Older people drank more coffee and younger people drank more cola. Men drank more coffee than did women; men and enlisted personnel drank more cola than did women and officers.
- o Submariners drank nearly one-third again as much coffee as any other community.

Alcohol

- o Overall, about 60% of Navy personnel reported drinking alcohol during the previous week. Of those who drank, average intake was approximately 11 drinks per week (1.5 per day).
- o The heaviest drinkers tended to be men in the 20-24-year age group.
- o Men drank more alcohol than women; officers drank alcohol on more days per week than enlisted personnel, but enlisted personnel drank larger quantities on the days that they drank--thus, there was not a significant difference in the average weekly alcohol consumption of officers and enlisted personnel.
- o Air personnel reported drinking more frequently (more days per week), but surface ship personnel consumed the most drinks per drinking day.
- o Average weekly alcohol consumption (among drinkers only) was considerably lower in the shore-based community than in the other three, which is due in part to the higher percentage of women in the shore community.

Tobacco

- o About 15-17% of Navy personnel said they used smokeless tobacco during the last 12 months; men, enlisted personnel, younger individuals, and those in the sea-going

communities (surface ship and submarine) were more likely to use smokeless tobacco than their counterparts.

- o About 18-19% of Navy personnel said they smoked cigars or a pipe during the last 12 months; men and enlisted personnel were more likely to smoke cigars or a pipe than their counterparts.
- o The percentage of individuals who said they smoked cigarettes "during the last 30 days" (item 11) was about 45% in 1987 and 44% in 1988. However, these percentages were 41% and 39% for 1987 and 1988, respectively, when individuals were asked whether they "smoke cigarettes now" (item 8), and the percentages were 43% and 41% when asked whether "you consider yourself a [light/moderate/heavy] smoker" (item 9). The lower percentages of smokers based on the latter two questions compared to the first suggest that in any given 30-day period, some people have just recently (i.e., less than 30 days ago) begun trying to quite the smoking habit.
- o Enlisted personnel were more likely than officers to be current cigarette smokers. Among the four communities, the greatest percent of cigarette smokers was in the surface ship community--which also reported the heaviest smoking (item 9), as well as the least success in quitting (item 19).
- o Over 80% of participants reported that at least one person or more smoked around the participants in their work environment; this was more likely the case for men, enlisted personnel, surface ship and submarine personnel, and individuals with fewer years in the service.
- o Of those who had ever used tobacco regularly, the average age of starting was 16-17 years old; about three-quarters said they started before joining the service.
- o About two-thirds of smokers are concerned about the possible negative effects of tobacco on their health.
- o About 40% of tobacco users reported that they had been urged to quit by medical personnel; more women than men, and more older individuals than younger people

had been advised to quit.

- o Only about 5% of tobacco users had never thought about quitting; most users had tried to quit 2-3 times.
- o The average length of time that people trying to quit had stayed off tobacco was 2-3 months; officers, women, and older individuals stayed off longer than their counterparts.
- o "COLD TURKEY" is the single most often used method for trying to quit using tobacco.
- o Less than 10% of tobacco users said they would quit if the price of tobacco products increased; price made more of a difference to enlisted personnel than to officers.
- o Most tobacco products were purchased at exchanges, shopettes, etc.

Longitudinal Changes

- o Among the T1-T2-T3 Cohort, there were several statistically significant time effects indicating decreased use of caffeine, alcohol, and tobacco from 1986 to 1988. Trends over this time frame indicated that:
 - * Caffeinated coffee and cola consumption decreased slightly.
 - * Days per week on which alcohol was consumed, the number of drinks consumed on those days, and, therefore, the average amount of alcohol consumed per week decreased slightly.
 - * The percentage of individuals who considered themselves "smokers" decreased from 46% to 41% from 1986 to 1988.
 - * Slightly more tobacco users reported in 1988 than in 1987 that medical personnel had urged them to quit.

SUBSTANCE CONSUMPTION

1. During the past week, on the average how many cups of caffeinated coffee did you have per day?

	<u>Yr.</u>	<u>N</u>	<u>Mean</u>	<u>SD</u>	<u>Range</u>
<u>Overall</u>	1986	2.64	3.45	3008	0-13+
	1987	2.44	3.14	2156	0-13+
	1988	2.28	3.11	3086	0-13+
<u>Sex</u>					
Male	1986	2.75	3.51	2682	0-13+
	1987	2.56	3.21	1884	0-13+
	1988	2.38	3.18	2689	0-13+
Female	1986	1.75	2.78	326	0-13+
	1987	1.37	2.05	263	0-13+
	1988	1.45	2.30	392	0-13+
<u>Rank</u>					
Officer	1986	2.73	3.00	343	0-13+
	1987	2.24	2.34	312	0-11
	1988	2.27	2.69	490	0-13+
Enlisted	1986	2.63	3.50	2663	0-13+
	1987	2.46	3.21	1833	0-13+
	1988	2.28	3.16	2575	0-13+
<u>Age</u>					
< 20 yrs.	1986	1.06	2.32	122	0-13+
	1987	.93	2.61	67	0-13+
	1988	.95	1.71	128	0-8
20-24	1986	1.74	3.00	1016	0-13+
	1987	1.52	2.53	475	0-13+
	1988	1.39	2.61	708	0-13+
25-29	1986	2.78	3.45	764	0-13+
	1987	2.29	3.09	545	0-13+
	1988	2.04	2.84	812	0-13+
30-34	1986	3.44	3.71	495	0-13+
	1987	2.92	3.22	433	0-13+
	1988	2.81	3.24	602	0-13+
35+	1986	3.92	3.68	605	0-13+
	1987	3.47	3.35	579	0-13+
	1988	3.67	3.59	796	0-13+
<u>Time in Service</u>					
< 3 yrs.	1986	1.59	2.98	611	0-13+
	1987	.98	2.24	193	0-13+
	1988	.22	2.48	445	0-13+
3-10	1986	.35	3.20	1282	0-13+
	1987	2.07	2.86	993	0-13+
	1988	1.94	2.83	1267	0-13+
11-20	1986	3.95	3.87	661	0-13+
	1987	3.32	3.48	696	0-13+
	1988	3.19	3.37	941	0-13+
> 20	1986	4.83	3.83	146	0-13+
	1987	3.68	3.26	151	0-13+
	1988	4.45	4.01	218	0-13+
<u>Community</u>					
Land	1986	2.64	3.33	1686	0-13+
	1987	2.45	3.08	1231	0-13+
	1988	2.36	3.10	1607	0-13+
Surface	1986	2.57	3.59	1048	0-13+
	1987	2.51	3.36	503	0-13+
	1988	2.05	3.21	729	0-13+
Sub	1986	3.18	3.97	133	0-13+
	1987	2.62	3.72	123	0-13+
	1988	2.25	3.02	108	0-13+
Air	1986	2.56	3.35	141	0-13+
	1987	1.99	2.50	146	0-13+
	1988	1.94	2.58	121	0-13+

SUBSTANCE CONSUMPTION

2. During the past week, on the average how many cups or glasses of caffeinated tea did you have per day?

	<u>Yr.</u>	<u>N</u>	<u>Mean</u>	<u>SD</u>	<u>Range</u>
<u>Overall</u>	1986	.84	2.00	3022	0-13+
	1987	.90	1.96	2157	0-13+
	1988	.87	1.95	3085	0-13+
<u>Sex</u>					
Male	1986	.83	2.00	2694	0-13+
	1987	.90	2.01	1885	0-13+
	1988	.85	1.94	2689	0-13+
Female	1986	.91	1.98	328	0-13+
	1987	.84	1.53	263	0-11
	1988	1.00	1.99	391	0-13+
<u>Rank</u>					
Officer	1986	.78	1.56	344	0-13+
	1987	.73	1.58	312	0-11
	1988	.65	1.38	489	0-13+
Enlisted	1986	.85	2.04	2676	0-13+
	1987	.92	2.00	1834	0-13+
	1988	.90	2.01	2575	0-13+
<u>Age</u>					
< 20 yrs.	1986	.75	2.18	121	0-13+
	1987	.26	.98	67	0-6
	1988	.43	1.67	128	0-13+
20-24	1986	.82	2.12	1023	0-13+
	1987	.95	2.07	474	0-13+
	1988	.73	1.72	708	0-13+
25-29	1986	.83	1.85	767	0-13+
	1987	.88	2.03	546	0-13+
	1988	.84	1.86	813	0-13+
30-34	1986	.84	1.91	497	0-13+
	1987	.89	1.81	434	0-13+
	1988	1.07	2.11	601	0-13+
35+	1986	.89	1.93	608	0-13+
	1987	.93	1.93	579	0-13+
	1988	1.03	2.19	795	0-13+
<u>Time in Service</u>					
< 3 yrs.	1986	.67	1.83	612	0-13+
	1987	.52	1.52	194	0-13+
	1988	.61	1.58	444	0-13+
3-10	1986	.91	2.07	1290	0-13+
	1987	.95	2.10	993	0-13+
	1988	.88	1.99	1268	0-13+
11-20	1986	.90	2.05	666	0-13+
	1987	.94	1.94	696	0-13+
	1988	1.12	2.18	939	0-13+
> 20	1986	.93	1.95	146	0-12
	1987	.97	1.84	151	0-11
	1988	.77	1.97	218	0-13+
<u>Community</u>					
Land	1986	.82	1.95	1693	0-13+
	1987	.88	1.90	1232	0-13+
	1988	.98	2.09	1605	0-13+
Surface	1986	.82	2.00	1056	0-13+
	1987	.92	2.14	503	0-13+
	1988	.73	1.90	730	0-13+
Sub	1986	1.16	2.44	133	0-13+
	1987	1.15	2.03	123	0-13+
	1988	.89	1.93	108	0-13+
Air	1986	1.04	2.07	140	0-13+
	1987	.51	1.08	146	0-6
	1988	.83	1.74	121	0-8

SUBSTANCE CONSUMPTION

3. During the past week, on the average how many caffeinated cola or carbonated drinks did you have per day?

	<u>Yr.</u>	<u>N</u>	<u>Mean</u>	<u>SD</u>	<u>Range</u>
<u>Overall</u>	1986	2.53	2.70	3016	0-13+
	1987	2.15	2.23	2153	0-13+
	1988	2.25	2.30	3084	0-13+
<u>Sex</u>					
Male	1986	2.56	2.72	2687	0-13+
	1987	2.18	2.24	1881	0-13+
	1988	2.30	2.35	2686	0-13+
Female	1986	2.23	2.58	329	0-13+
	1987	1.83	2.06	263	0-13+
	1988	1.87	1.86	393	0-13+
<u>Rank</u>					
Officer	1986	1.33	1.67	343	0-13+
	1987	1.14	1.21	312	0-7
	1988	1.15	1.32	490	0-13+
Enlisted	1986	2.66	2.76	2571	0-13+
	1987	2.25	2.27	1830	0-13+
	1988	2.39	2.36	2573	0-13+
<u>Age</u>					
< 20 yrs.	1986	3.69	3.26	121	0-13+
	1987	2.40	1.94	67	0-8
	1988	2.80	2.46	128	0-13+
20-24	1986	3.12	2.97	1019	0-13+
	1987	2.68	2.34	475	0-13+
	1988	2.74	2.54	709	0-13+
25-29	1986	2.43	2.51	764	0-13+
	1987	2.22	2.42	544	0-13+
	1988	2.24	2.30	811	0-13+
30-34	1986	2.19	2.40	498	0-13+
	1987	2.03	2.12	432	0-13+
	1988	1.87	1.85	601	0-13+
35+	1986	1.52	2.04	608	0-13+
	1987	1.44	1.74	578	0-13+
	1988	1.77	2.10	795	0-13+
<u>Time in Service</u>					
< 3 yrs.	1986	3.28	3.20	613	0-13+
	1987	2.66	2.33	194	0-13+
	1988	2.78	2.44	445	0-13+
3-10	1986	2.60	2.71	1286	0-13+
	1987	2.38	2.35	991	0-13+
	1988	2.32	2.37	1266	0-13+
11-20	1986	1.89	2.05	666	0-13+
	1987	1.69	1.77	694	0-13+
	1988	1.93	2.07	941	0-13+
> 20	1986	1.27	2.04	146	0-13+
	1987	1.31	1.79	151	0-13+
	1988	1.35	1.58	217	0-11
<u>Community</u>					
Land	1986	2.21	2.48	1691	0-13+
	1987	1.95	2.03	1228	0-13+
	1988	2.10	2.17	1606	0-13+
Surface	1986	2.97	3.02	1052	0-13+
	1987	2.54	2.58	503	0-13+
	1988	2.66	2.68	729	0-13+
Sub	1986	2.76	2.66	132	0-13+
	1987	2.42	2.21	123	0-13+
	1988	2.77	2.46	108	0-13+
Air	1986	2.66	2.25	141	0-13+
	1987	2.17	2.33	146	0-13+
	1988	1.90	1.78	121	0-10

SUBSTANCE CONSUMPTION

4. During the last 7 days, on how many days did you have any alcoholic beverages?

		f										
	Yr.	0	1	2	3	4	5	6	7	Mean	SD	N
Overall	1986	35	21	17	10	6	5	2	4	1.74	1.91	3027
	1987	42	18	14	10	5	4	2	4	1.60	1.94	2156
	1988	39	19	17	10	5	3	3	4	1.63	1.90	3086
Sex												
Male	1986	33	21	17	10	7	5	2	4	1.82	1.94	698
	1987	41	18	14	10	5	4	3	4	1.64	1.97	1885
	1988	39	18	17	10	5	4	3	4	1.67	1.92	2688
Female	1986	50	21	14	7	3	1	1	2	1.11	1.56	329
	1987	47	22	15	7	5	1	1	2	1.16	1.53	262
	1988	43	23	17	7	3	2	2	2	1.28	1.63	393
Rank												
Officer	1986	25	26	17	11	7	5	4	6	2.07	2.03	344
	1987	24	21	20	15	6	6	3	5	2.13	1.96	312
	1988	28	22	18	10	7	5	4	6	2.04	2.05	490
Enlisted	1986	36	20	17	10	6	4	2	4	1.70	1.90	2681
	1987	44	18	14	10	5	3	2	4	1.52	1.92	1833
	1988	40	19	17	10	5	3	3	3	1.58	1.87	2575
Age												
< 20 yrs.	1986	34	20	27	8	6	3	1	2	1.53	1.59	122
	1987	85	6	5	5	3	2	2	1	.37	1.08	67
	1988	60	14	14	5	2	2	2	1	.91	1.50	128
20-24	1986	33	19	18	10	8	5	3	4	1.90	1.97	1026
	1987	38	19	14	11	7	5	3	3	1.74	1.96	475
	1988	37	17	19	11	6	5	3	2	1.71	1.86	708
25-29	1986	34	22	15	12	7	5	2	3	1.71	1.82	766
	1987	36	19	17	12	5	4	3	4	1.75	1.93	546
	1988	36	21	19	10	6	3	3	3	1.65	1.83	813
30-34	1986	40	21	17	9	4	3	2	4	1.55	1.87	498
	1987	43	19	15	11	5	3	1	3	1.46	1.77	433
	1988	39	19	17	10	6	2	3	4	1.64	1.93	602
35+	1986	38	23	15	8	5	4	2	6	1.68	2.01	609
	1987	44	19	14	8	3	2	2	7	1.59	2.10	579
	1988	41	19	13	10	4	3	3	6	1.67	2.06	795
Time in Service												
< 3 yrs.	1986	36	20	19	10	6	4	3	3	1.68	1.82	614
	1987	60	8	12	6	6	3	4	1	1.18	1.78	193
	1988	43	17	19	10	4	2	3	3	1.48	1.81	445
3-10	1986	33	20	18	11	8	5	2	4	1.80	1.89	1291
	1987	36	20	16	12	6	4	2	4	1.76	1.94	993
	1988	35	20	19	10	6	4	3	3	1.73	1.86	1267
11-20	1986	37	23	15	9	5	4	3	5	1.72	1.99	666
	1987	44	19	14	10	4	3	3	4	1.52	1.93	696
	1988	42	17	15	10	4	3	3	5	1.62	1.99	941
> 20	1986	38	22	14	7	6	5	1	7	1.74	2.08	147
	1987	44	17	10	12	3	3	3	7	1.68	2.15	151
	1988	35	20	13	10	8	3	4	7	1.96	2.18	217
Community												
Land	1986	37	21	18	9	5	4	2	4	1.59	1.83	1696
	1987	44	18	14	10	4	3	2	5	1.49	1.91	1231
	1988	38	21	18	9	5	3	3	4	1.65	1.91	1606
Surface	1986	33	21	15	12	8	5	3	3	1.85	1.93	1057
	1987	44	19	12	8	7	4	3	4	1.58	1.97	503
	1988	44	16	16	11	5	3	2	3	1.52	1.85	730
Sub	1986	33	17	14	14	6	7	2	6	2.01	2.09	133
	1987	25	23	18	10	8	9	4	2	2.05	1.91	123
	1988	30	22	12	15	4	8	4	4	2.04	2.06	108
Air	1986	27	19	18	8	8	5	6	9	2.36	2.29	141
	1987	42	13	17	12	8	3	4	3	1.69	1.94	146
	1988	27	25	15	14	8	4	3	5	2.00	1.97	121

SUBSTANCE CONSUMPTION

5. On the days you drank any alcoholic beverages this week, how many drinks did you usually have per day? (Consider a single shot, single mixed drink, glass of wine or can of beer as one drink.)

	Yr.	f				Mean drinks per day among drinkers	SD among drinkers	N
		0	1-2	3-4	5+			
<u>Overall</u>	1986	34	26	22	18	3.88	2.93	2999
	1987	41	27	18	15	3.43	2.48	2135
	1988	38	25	20	17	3.73	2.69	3056
<u>Sex</u>								
Male	1986	32	26	23	19	3.97	2.98	2678
	1987	40	26	18	16	3.56	2.54	1901
	1988	38	24	20	18	3.85	2.73	2719
Female	1986	48	28	18	7	2.86	2.13	322
	1987	46	34	17	3	2.28	1.23	225
	1988	43	33	17	6	2.59	1.73	333
<u>Rank</u>								
Officer	1986	24	55	18	3	2.06	1.20	321
	1987	24	53	18	5	2.19	1.44	220
	1988	28	50	17	4	2.27	1.46	312
Enlisted	1986	35	23	23	19	4.13	3.01	2678
	1987	43	23	18	16	3.63	2.55	1904
	1988	40	22	20	18	3.92	2.74	2725
<u>Age</u>								
< 20 yrs.	1986	34	17	19	30	5.27	3.59	140
	1987	86	2	5	8	7.60	4.80	89
	1988	61	15	11	14	4.13	2.67	180
20-24	1986	31	20	24	24	4.56	3.20	1072
	1987	37	24	20	19	3.90	2.73	556
	1988	36	20	21	24	4.61	3.26	864
25-29	1986	32	28	25	15	3.57	2.54	757
	1987	35	27	23	16	3.50	2.44	546
	1988	36	25	23	17	3.59	2.34	784
30-34	1986	37	28	21	13	3.46	2.63	464
	1987	41	29	19	12	3.09	2.02	399
	1988	38	27	20	14	3.38	2.40	537
35+	1986	37	36	18	9	2.84	2.08	561
	1987	43	32	14	10	2.80	1.96	487
	1988	41	33	16	10	2.84	1.87	652
<u>Time in Service</u>								
< 3 yrs.	1986	34	22	19	24	4.76	3.56	632
	1987	61	10	15	14	5.06	3.69	221
	1988	42	15	21	22	4.69	3.24	550
3-10	1986	32	26	24	17	3.71	2.66	1297
	1987	34	28	21	17	3.53	2.50	1012
	1988	34	25	22	20	3.88	2.70	1231
11-20	1986	35	31	21	12	3.24	2.44	632
	1987	43	28	17	12	3.10	1.94	643
	1988	42	28	18	12	3.18	2.19	849
> 20	1986	36	36	18	10	2.91	2.23	137
	1987	43	37	18	9	2.42	1.51	131
	1988	36	36	19	8	2.74	1.88	181
<u>Community</u>								
Land	1986	36	31	22	12	3.26	2.43	1657
	1987	44	30	17	10	2.96	2.14	1194
	1988	37	28	21	13	3.36	2.41	1510
Surface	1986	32	19	22	27	4.83	3.40	1072
	1987	42	19	16	21	4.31	2.96	538
	1988	42	17	18	23	4.63	3.19	839
Sub	1986	31	29	24	16	3.36	2.13	129
	1987	26	29	26	19	3.64	2.55	118
	1988	30	26	25	19	3.78	2.32	103
Air	1986	25	28	28	19	3.81	2.78	141
	1987	41	23	23	13	3.33	1.86	143
	1988	26	22	32	20	3.59	2.07	107

SUBSTANCE CONSUMPTION

6. During the past week, what was the largest number of alcoholic drinks you had in one day? (Consider a single shot, single mixed drink, glass of wine, or can of beer as one drink.)

	Yr.	%															Mean among drinkers	SD among drinkers	N
		0	1	2	3	4	5	6	7	8	9	10	11	12	13+				
Overall	1986	34	7	12	10	8	5	6	3	3	1	3	0	2	6	5.15	3.69	3013	
	1987	41	8	11	9	6	6	5	2	2	2	2	1	2	4	4.82	3.50	2139	
	1988	38	7	10	10	7	5	6	2	3	2	2	1	1	5	4.99	3.52	3063	
Sex																			
Male	1986	32	7	12	10	8	5	7	3	3	1	4	1	2	6	5.28	3.73	2690	
	1987	40	7	11	9	6	5	6	2	3	2	2	1	2	4	5.01	3.55	1907	
	1988	38	7	10	10	7	5	7	2	3	2	2	1	1	5	5.18	3.54	2726	
Female	1986	48	10	15	8	5	3	3	2	2	1	1	0	0	1	3.66	2.78	322	
	1987	46	13	16	12	5	3	3	0	0	0	1	0	1	0	2.90	2.06	223	
	1988	42	15	13	11	7	3	3	1	0	0	2	0	0	2	3.28	2.71	332	
Rank																			
Officer	1986	25	17	22	12	9	6	6	1	2	0	1	0	0	0	3.09	2.10	324	
	1987	23	18	21	11	12	7	4	1	2	0	0	0	0	0	3.02	1.93	220	
	1988	28	11	17	14	11	7	4	1	2	1	1	0	1	0	3.53	2.29	313	
Enlisted	1986	35	6	11	10	7	5	6	3	3	1	4	1	2	7	5.44	3.77	2687	
	1987	43	7	10	9	6	5	6	2	2	2	2	1	2	4	5.08	3.60	1908	
	1988	39	7	9	10	7	5	6	2	3	2	2	1	1	5	5.19	3.61	2729	
Age																			
< 20 yrs.	1986	35	2	11	7	5	7	2	3	5	2	5	0	0	15	6.81	4.17	141	
	1987	85	2	0	3	2	0	2	0	0	0	0	0	0	7	8.18	5.10	89	
	1988	58	5	6	6	3	1	7	2	2	3	3	0	1	5	5.73	3.85	180	
20-24	1986	32	6	10	8	8	6	7	3	3	1	4	1	2	10	6.12	4.03	1079	
	1987	37	6	11	8	6	4	7	2	3	2	3	1	2	7	5.68	3.91	557	
	1988	36	5	8	11	7	4	7	2	3	2	3	2	1	9	5.89	3.90	863	
25-29	1986	33	7	13	10	8	4	8	3	4	1	4	0	2	4	5.03	3.44	758	
	1987	34	7	11	11	8	7	7	3	3	3	2	0	2	3	4.82	3.24	549	
	1988	35	7	11	9	5	6	7	2	3	2	1	0	3	4	5.01	3.44	790	
30-34	1986	37	8	14	12	8	4	5	2	2	1	2	0	1	3	4.27	3.19	463	
	1987	43	8	12	12	6	4	6	2	2	1	1	0	2	2	4.36	3.18	399	
	1988	39	9	10	12	6	6	5	3	4	2	1	0	1	4	4.61	3.25	540	
35+	1986	36	12	15	12	8	5	4	2	2	0	2	0	1	1	3.61	2.65	565	
	1987	43	11	14	9	6	5	5	0	2	1	1	1	1	2	3.95	3.09	487	
	1988	40	11	12	10	9	6	5	2	1	1	2	0	1	1	3.86	2.75	650	
Time in Service																			
< 3 yrs.	1986	35	5	12	8	5	4	6	2	3	2	4	1	2	11	6.11	4.16	636	
	1987	59	3	5	4	6	1	3	2	2	0	2	2	2	8	6.70	4.29	224	
	1988	41	6	6	9	8	3	7	2	3	1	3	2	1	9	5.90	3.92	552	
3-10	1986	33	7	11	9	8	6	7	3	3	1	4	0	2	6	5.27	3.65	1303	
	1987	35	7	13	10	7	6	7	2	3	2	2	0	2	5	4.97	3.51	1013	
	1988	34	6	11	10	7	5	7	2	4	3	2	1	2	5	5.31	3.62	1234	
11-20	1986	35	11	13	12	9	4	5	1	3	1	3	0	1	2	4.10	3.04	634	
	1987	43	8	12	9	6	4	8	1	2	2	2	1	1	1	4.33	3.08	643	
	1988	42	9	10	10	7	6	6	3	2	2	1	0	1	3	4.32	3.04	849	
> 20	1986	37	9	16	14	6	5	5	4	0	0	1	0	1	2	3.73	2.67	138	
	1987	43	10	14	11	9	5	3	0	1	0	0	1	1	2	3.62	2.84	131	
	1988	36	12	12	12	9	5	5	1	1	2	3	1	1	1	3.84	2.85	181	
Community																			
Land	1986	36	9	15	11	7	4	6	2	3	1	2	0	1	3	4.36	3.29	1662	
	1987	43	9	12	10	6	4	6	1	2	2	1	1	1	2	4.22	3.19	1195	
	1988	37	9	12	11	7	5	5	2	2	2	2	1	1	4	4.57	3.39	1509	
Surface	1986	32	5	9	8	8	5	7	3	3	1	5	1	2	10	6.24	4.00	1080	
	1987	43	5	9	7	6	5	6	2	4	2	3	1	2	8	6.01	4.00	539	
	1988	42	4	7	9	7	4	7	2	4	2	2	1	1	6	5.82	3.67	844	
Sub	1986	31	5	15	8	8	10	6	6	4	1	5	0	0	2	4.85	2.93	130	
	1987	25	8	14	7	10	10	6	3	5	1	4	0	0	6	4.99	3.40	120	
	1988	31	6	4	15	9	4	7	6	3	3	3	2	2	7	5.78	3.66	103	
Air	1986	26	6	10	11	8	10	5	2	6	0	1	2	3	8	5.64	3.81	141	
	1987	41	7	9	14	6	5	7	2	3	1	3	0	1	3	4.62	3.13	143	
	1988	25	6	7	13	13	13	8	2	2	1	4	2	1	3	4.98	3.05	106	

SUBSTANCE CONSUMPTION

Average number of alcoholic drinks per week [no. of days per week alcohol consumed X average no. of drinks per day.]

	Yr.	%				Mean among drinkers	SD among drinkers	N
		0 "Abstainer"	1-3 "Light"	4-15 "Moderate"	16+ "Heavy Drinker"			
<u>Overall</u>	1986	36	18	30	14	11.40	13.82	3023
	1987	43	18	29	11	10.44	11.87	2153
	1988	40	17	31	12	11.01	12.98	3079
<u>Sex</u>								
Male	1986	34	17	34	15	11.83	14.15	2694
	1987	42	17	29	12	10.96	12.18	1882
	1988	39	15	32	13	11.40	13.03	2682
Female	1986	50	20	25	5	6.85	8.17	329
	1987	47	25	26	2	5.17	4.89	262
	1988	44	25	25	5	6.78	9.75	392
<u>Rank</u>								
Officer	1986	25	32	38	5	5.92	5.78	343
	1987	25	30	41	4	6.51	6.29	312
	1988	29	26	40	5	6.55	6.01	489
Enlisted	1986	37	16	32	15	12.18	14.43	2678
	1987	45	16	27	12	10.99	12.34	1830
	1988	41	15	30	13	11.55	13.40	2569
<u>Age</u>								
< 20 yrs.	1986	34	9	42	16	12.95	15.02	122
	1987	86	3	3	8	21.74	22.10	67
	1988	62	12	17	9	11.99	16.07	127
20-24	1986	33	15	32	20	14.42	16.38	1024
	1987	38	17	29	15	12.14	13.00	473
	1988	37	13	32	17	13.73	15.19	708
25-29	1986	34	20	35	11	9.98	11.14	765
	1987	36	18	34	11	10.28	11.90	545
	1988	37	17	36	11	9.90	10.76	808
30-34	1986	40	19	30	11	9.96	12.86	498
	1987	43	19	31	8	8.38	8.20	433
	1988	40	13	31	11	9.90	12.26	601
35+	1986	39	21	32	8	7.87	8.18	608
	1987	46	19	26	10	9.33	11.29	579
	1988	42	20	29	9	9.07	10.77	795
<u>Time in Service</u>								
< 3 yrs.	1986	36	16	29	19	14.06	16.36	614
	1987	62	5	17	15	16.36	14.56	191
	1988	44	12	29	15	13.45	14.72	443
3-10	1986	34	17	36	13	11.05	12.96	1289
	1987	36	20	32	12	10.55	12.26	992
	1988	35	17	34	14	11.32	12.97	1263
11-20	1986	37	21	30	12	9.33	10.85	666
	1987	45	18	27	10	9.36	10.38	696
	1988	43	17	30	10	9.75	11.61	941
> 20	1986	38	20	37	5	7.24	7.86	146
	1987	46	18	28	8	8.73	9.87	151
	1988	36	22	30	12	9.61	11.71	217
<u>Community</u>								
Land	1986	38	20	33	9	8.86	10.39	1696
	1987	45	19	27	8	8.69	9.86	1230
	1988	38	20	30	11	10.07	12.55	1604
Surface	1986	34	15	31	20	14.86	16.69	1053
	1987	44	15	24	17	13.82	15.03	502
	1988	44	10	31	15	13.36	14.95	727
Sub	1986	33	18	35	13	10.52	10.80	133
	1987	26	22	37	16	11.06	13.52	122
	1988	30	18	32	20	12.36	12.91	108
Air	1986	27	15	40	18	13.83	18.22	141
	1987	42	11	38	10	10.39	10.91	146
	1988	28	17	42	13	10.68	10.70	121

SUBSTANCE CONSUMPTION

1. During the past 12 months, how often on the average have you used chewing tobacco, snuff or other smokeless tobacco?

	Yr.	%									Mean	SD	N	
		0 Never in 12 mos./ Don't use	1 1 or 2 days in 12 mos	2 3-6 days in 12 mos	3 7-11 days in 12 mos	4 About once a month	5 2-3 days a month	6 1-2 days a week	7 3-4 days a week	8 5-6 days a week	9 About every day			
Overall	1986			
	1987	85	3	1	1	1	1	1	1	1	5	.61	2.29	2152
	1988	83	4	1	1	1	1	1	1	0	6	.94	2.47	3078
Sex														
Male	1986			
	1987	83	4	1	1	1	1	1	1	1	6	.90	2.41	1881
	1988	81	4	1	1	1	1	1	2	0	7	1.06	2.61	2684
Female	1986			
	1987	99	0	0	.	.	0	.03	.43	262
	1988	97	1	1	.	1	0	.06	.46	389
Rank														
Officer	1986			
	1987	94	2	0	0	0	1	0	0	.	2	.32	1.49	312
	1988	93	2	0	0	.	0	0	1	0	2	.38	1.66	490
Enlisted	1986			
	1987	84	4	1	1	1	1	1	1	1	5	.87	2.37	1829
	1988	81	4	1	1	1	1	1	1	0	7	1.02	2.55	2567
Age														
< 20 yrs.	1986			
	1987	70	5	.	2	.	3	.	3	2	15	1.99	3.49	67
	1988	69	5	3	5	2	5	2	3	.	7	1.54	2.79	127
20-24	1986			
	1987	77	4	2	2	1	2	2	1	1	7	1.22	2.69	472
	1988	76	4	2	2	1	1	1	2	1	9	1.38	2.91	707
25-29	1986			
	1987	87	4	1	1	0	0	0	1	1	4	.64	2.08	543
	1988	83	5	1	0	1	1	1	1	0	7	.93	2.48	810
30-34	1986			
	1987	88	2	1	0	2	0	1	1	0	3	.58	1.93	434
	1988	90	3	1	1	1	0	1	1	.	3	.48	1.74	600
35+	1986			
	1987	92	2	1	0	0	0	1	1	0	3	.40	1.66	579
	1988	91	2	0	0	0	0	0	0	.	5	.56	2.06	794
Time in Service														
< 3 yrs.	1986			
	1987	73	4	2	1	.	3	1	2	.	14	1.75	3.29	193
	1988	74	4	3	2	2	2	2	2	.	10	1.50	2.98	444
3-10	1986			
	1987	84	3	1	1	1	1	1	1	1	5	.85	2.32	991
	1988	82	5	1	1	1	1	0	2	1	6	.97	2.50	1264
11-20	1986			
	1987	89	4	1	0	1	0	1	0	0	3	.51	1.82	696
	1988	89	3	1	1	1	0	1	1	0	4	.60	2.03	938
> 20	1986			
	1987	93	1	1	1	1	.	0	.	1	2	.37	1.62	151
	1988	91	3	0	.	.	0	.	1	.	6	.59	2.15	218
Community														
Land	1986			
	1987	87	3	1	1	1	1	1	1	1	4	.72	2.18	1230
	1988	85	3	1	1	1	1	1	1	0	5	.78	2.26	1601
Surface	1986			
	1987	82	5	2	1	1	1	2	1	1	6	.93	2.44	501
	1988	79	4	2	1	1	1	1	2	0	8	1.22	2.78	729
Sub	1986			
	1987	79	4	6	1	1	.	.	1	1	7	1.02	2.52	123
	1988	77	9	2	1	0	1	.	1	1	7	1.04	2.56	107
Air	1986			
	1987	87	3	.	1	1	2	1	3	.	2	.69	2.05	146
	1988	87	4	.	.	.	2	.	1	.	5	.68	2.18	121

SUBSTANCE CONSUMPTION

2. On days you used smokeless tobacco, how many times per day did you dip or chew?

		Yr.	%									Mean	SD	N
			1	2	3	4	5	6	7	8	9			
Overall	1986
	1987	23	21	14	11	9	8	4	2	9	3.66	2.51	262	
	1988	26	16	14	10	11	6	4	3	11	3.74	2.62	418	
Sex														
Male	1986
	1987	23	21	14	11	9	8	4	2	9	3.67	2.51	260	
	1988	26	16	14	10	11	6	4	3	11	3.76	2.62	414	
Female	1986
	1987	59	41	1.41	.	2	
	1988	100	1.00	.00	4	
Rank														
Officer	1986
	1987	27	6	18	12	12	.	12	.	14	4.04	2.85	17	
	1988	30	7	20	13	13	14	.	3	.	3.33	2.03	30	
Enlisted	1986
	1987	23	21	14	11	8	8	3	3	9	3.64	2.50	245	
	1988	26	17	13	9	11	5	4	3	11	3.76	2.65	387	
Age														
< 20 yrs.	1986
	1987	14	.	8	18	14	6	.	6	35	5.74	2.94	19	
	1988	29	25	10	13	9	3	.	.	11	3.21	2.49	33	
20-24	1986
	1987	23	19	14	15	5	13	3	4	5	3.60	2.37	98	
	1988	28	18	10	11	8	6	4	3	13	3.76	2.76	157	
25-29	1986
	1987	23	27	12	8	13	4	7	2	3	3.32	2.23	55	
	1988	28	15	15	9	18	5	2	3	6	3.48	2.36	121	
30-34	1986
	1987	32	25	21	4	7	3	3	.	5	2.82	2.13	38	
	1988	30	8	23	5	9	3	14	3	6	3.68	2.56	42	
35+	1986
	1987	22	23	18	10	8	5	5	.	8	3.41	2.38	42	
	1988	16	7	15	10	14	8	5	5	20	4.89	2.81	58	
Time in Service														
< 3 yrs.	1986
	1987	15	10	9	14	8	13	2	10	18	4.98	2.83	45	
	1988	24	21	11	12	7	10	2	3	16	3.71	2.60	99	
3-10	1986
	1987	22	21	16	10	10	9	5	1	5	3.47	2.26	135	
	1988	30	15	13	11	14	4	2	3	9	3.51	2.53	188	
11-20	1986
	1987	33	29	12	6	7	3	2	.	9	2.94	2.39	59	
	1988	24	9	21	4	9	4	10	5	14	4.28	2.87	76	
> 20	1986
	1987	32	17	22	5	10	5	.	.	10	3.15	2.57	10	
	1988	5	5	16	24	7	15	9	.	18	5.13	2.42	17	
Community														
Land	1986
	1987	20	21	17	7	8	7	6	2	11	3.84	2.63	126	
	1988	26	13	14	14	10	5	6	3	8	3.77	2.54	184	
Surface	1986
	1987	22	24	11	10	10	15	.	.	8	3.53	2.34	79	
	1988	25	20	11	7	12	4	3	4	12	3.82	2.75	122	
Sub	1986
	1987	30	15	18	24	6	.	8	.	.	2.91	1.78	20	
	1988	29	28	6	11	.	7	.	2	17	3.59	2.97	23	
Air	1986
	1987	42	20	13	13	8	.	.	.	5	2.52	1.99	18	
	1988	43	.	18	3	12	12	.	.	12	3.46	2.83	12	

SUBSTANCE CONSUMPTION

3. During the past 12 months, how often on the average have you smoked cigars or a pipe?

	Yr.	f									Mean	SD	N	
		0 Never in 12 mos./ Don't use	1 1 or 2 days in 12 mos	2 3-6 days in 12 mos	3 7-11 days in 12 mos	4 About once a month	5 2-3 days a month	6 1-2 days a week	7 3-4 days a week	8 5-6 days a week	9 About every day			
Overall	1986
	1987	81	8	2	2	1	1	1	1	0	3	.68	1.91	2135
	1988	82	8	3	1	1	1	1	0	0	3	.61	1.83	3061
Sex														
Male	1986
	1987	79	9	2	2	1	1	1	1	0	4	.75	2.00	1864
	1988	81	8	3	1	1	1	1	0	0	3	.66	1.89	2667
Female	1986
	1987	97	2	0	0	.04	.39	262
	1988	96	2	0	1	.	2	.19	1.22	389
Rank														
Officer	1986
	1987	87	6	3	1	1	1	0	1	.	1	.33	1.19	310
	1988	83	9	3	1	1	1	1	.	0	1	.43	1.36	489
Enlisted	1986
	1987	80	8	2	2	1	1	1	1	0	3	.72	1.98	1814
	1988	82	7	3	1	1	1	1	0	0	3	.63	1.88	2551
Age														
< 20 yrs.	1986
	1987	77	8	2	3	2	0	2	3	.	3	.88	2.14	67
	1988	81	8	4	2	2	.	.	1	.	4	.68	1.97	126
20-24	1986
	1987	83	7	2	1	1	1	1	1	0	3	.62	1.85	471
	1988	82	8	2	2	1	1	1	0	0	2	.61	1.80	705
25-29	1986
	1987	78	10	3	3	2	0	1	0	0	2	.65	1.70	536
	1988	83	7	3	0	1	1	1	0	1	3	.56	1.75	804
30-34	1986
	1987	80	7	2	2	1	2	1	.	.	6	.92	2.37	431
	1988	80	10	4	1	2	1	0	.	0	2	.57	1.67	598
35+	1986
	1987	83	7	3	1	1	1	1	1	0	2	.58	1.76	574
	1988	84	6	2	1	1	1	1	0	0	4	.67	2.02	788
Time in Service														
< 3 yrs.	1986
	1987	79	7	3	2	2	3	1	2	.	4	.86	2.17	192
	1988	79	8	3	2	1	1	1	1	0	4	.81	2.15	442
3-10	1986
	1987	81	8	2	2	2	1	1	0	0	2	.58	1.66	983
	1988	84	8	2	1	1	1	1	0	1	2	.51	1.66	1255
11-20	1986
	1987	80	8	3	1	1	1	1	0	0	5	.76	2.12	690
	1988	82	8	3	1	1	1	1	0	0	3	.63	1.83	935
> 20	1986
	1987	84	6	1	.	2	2	1	3	0	1	.64	1.86	149
	1988	85	5	1	0	1	1	1	0	1	5	.71	2.18	215
Community														
Land	1986
	1987	83	7	2	2	1	1	1	1	0	3	.62	1.84	1223
	1988	85	6	3	1	1	1	0	1	0	2	.52	1.68	1594
Surface	1986
	1987	77	10	2	1	3	1	1	1	0	4	.82	2.06	497
	1988	80	8	3	1	1	1	1	0	1	4	.74	2.04	724
Sub	1986
	1987	78	12	4	0	1	0	2	1	.	2	.62	1.73	123
	1988	72	17	2	.	4	3	1	.	.	2	.69	1.64	107
Air	1986
	1987	79	10	1	4	1	1	2	.	.	4	.72	1.95	144
	1988	84	10	1	.	1	1	1	.	.	3	.51	1.73	121

SUBSTANCE CONSUMPTION

4. On days you smoked cigars or a pipe, how many cigars or bowlfuls did you smoke?

	Yr.	%									Mean	SD	N
		1	2	3	4	5	6	7	8	9			
<u>Overall</u>	1986	2.35	2.45	369
	1987	59	19	5	3	2	2	.	0	10	2.35	2.45	369
	1988	61	19	5	3	2	1	1	0	8	2.23	2.31	478
<u>Sex</u>													
Male	1986	2.37	2.46	362
	1987	58	20	4	3	2	2	.	0	10	2.37	2.46	362
	1988	61	19	5	3	2	1	1	0	8	2.20	2.27	466
Female	1986	1.00	1.00	4
	1987	100	1.00	1.00	4
	1988	61	.	3	.	.	.	18	.	18	3.56	3.55	11
<u>Rank</u>													
Officer	1986	1.21	.71	38
	1987	87	11	.	.	3	1.21	.71	38
	1988	87	4	1	5	3	1.33	.95	77
Enlisted	1986	2.45	2.52	328
	1987	57	20	5	3	2	2	.	0	10	2.45	2.52	328
	1988	58	21	5	3	2	1	2	0	9	2.34	2.39	397
<u>Age</u>													
< 20 yrs.	1986	3.46	3.20	16
	1987	29	40	.	8	23	3.46	3.20	16
	1988	27	47	9	.	.	.	4	.	13	2.96	2.68	19
20-24	1986	2.38	2.66	72
	1987	66	14	4	2	.	1	.	1	11	2.38	2.66	72
	1988	63	18	5	4	1	.	1	1	7	2.13	2.22	118
25-29	1986	2.32	2.31	96
	1987	54	26	5	1	2	3	.	0	8	2.32	2.31	96
	1988	62	18	5	5	1	.	1	.	8	2.19	2.29	123
30-34	1986	2.60	2.90	80
	1987	66	10	3	2	3	1	.	.	15	2.60	2.90	80
	1988	66	17	4	0	3	4	3	.	4	2.02	2.02	96
35+	1986	1.90	1.55	96
	1987	59	21	6	6	4	2	.	.	2	1.90	1.55	96
	1988	61	13	5	3	5	0	.	.	12	2.49	2.62	116
<u>Time in Service</u>													
< 3 yrs.	1986	3.44	3.11	38
	1987	44	17	3	6	3	6	.	3	17	3.44	3.11	38
	1988	50	22	8	3	.	.	3	1	12	2.72	2.72	82
3-10	1986	2.01	2.05	159
	1987	60	25	4	1	1	2	.	0	6	2.01	2.05	159
	1988	67	15	3	5	2	1	.	.	8	2.09	2.24	182
11-20	1986	2.34	2.48	126
	1987	64	13	5	5	2	1	.	.	10	2.34	2.48	126
	1988	67	14	6	2	3	2	3	.	4	2.01	2.02	149
> 20	1986	1.66	1.20	23
	1987	63	25	2	.	9	1.66	1.20	23
	1988	58	14	2	.	12	2	.	.	13	2.77	2.84	32
<u>Community</u>													
Land	1986	2.51	2.60	191
	1987	54	24	3	4	2	1	.	0	12	2.51	2.60	191
	1988	63	18	4	3	2	2	3	.	5	2.10	2.12	203
Surface	1986	2.28	2.28	101
	1987	60	16	7	1	4	3	.	1	7	2.28	2.28	101
	1988	54	21	9	4	2	.	1	1	8	2.34	2.35	132
Sub	1986	2.10	2.52	29
	1987	73	13	.	4	11	2.10	2.52	29
	1988	72	20	.	1	6	1.73	1.95	32
Air	1986	2.47	2.69	22
	1987	60	15	6	6	13	2.47	2.69	22
	1988	72	8	5	.	5	.	.	.	11	2.22	2.62	19

SUBSTANCE CONSUMPTION

5. Do any members of your household or family smoke? (Mark all that apply.)

	Yr.	%							N
		1 Spouse/Partner	2 Roommate	3 Mother	4 Father	5 Sister	6 Brother	7 Other	
<u>Overall</u>	1986	--	--	--	--	--	--	--	--
	1987	24	9	23	26	22	18	8	2,160
	1988	22	9	22	26	22	18	9	3,086
<u>Sex</u>									
Male	1986	--	--	--	--	--	--	--	--
	1987	23	9	23	26	21	17	8	1,923
	1988	22	9	22	26	22	18	9	2,744
Female	1986	--	--	--	--	--	--	--	--
	1987	28	9	25	25	25	23	9	228
	1988	23	11	20	24	25	22	11	375
<u>Rank</u>									
Officer	1986	--	--	--	--	--	--	--	--
	1987	14	2	14	15	6	10	3	224
	1988	11	1	12	14	11	11	4	316
Enlisted	1986	--	--	--	--	--	--	--	--
	1987	25	10	24	28	23	19	9	1,926
	1988	24	10	23	27	23	19	10	2,747
<u>Age</u>									
< 20 yrs.	1986	--	--	--	--	--	--	--	--
	1987	2	7	23	38	16	13	14	89
	1988	7	20	31	39	22	11	18	183
20-24	1986	--	--	--	--	--	--	--	--
	1987	18	12	30	36	21	19	9	562
	1988	18	14	32	37	24	20	11	867
25-29	1986	--	--	--	--	--	--	--	--
	1987	25	10	21	26	24	19	8	555
	1988	24	8	20	25	24	20	7	792
30-34	1986	--	--	--	--	--	--	--	--
	1987	32	9	25	24	24	18	9	401
	1988	28	5	18	20	23	17	8	546
35+	1986	--	--	--	--	--	--	--	--
	1987	25	3	15	17	19	14	6	494
	1988	27	3	13	14	18	16	7	657
<u>Time in Service</u>									
< 3 yrs.	1986	--	--	--	--	--	--	--	--
	1987	7	12	27	37	20	17	11	224
	1988	16	18	32	39	26	20	12	556
3-10	1986	--	--	--	--	--	--	--	--
	1987	22	11	24	29	21	19	8	1,025
	1988	20	10	22	27	21	18	8	1,240
11-20	1986	--	--	--	--	--	--	--	--
	1987	31	6	23	23	24	18	8	648
	1988	28	3	1	18	22	19	8	856
> 20	1986	--	--	--	--	--	--	--	--
	1987	27	4	7	10	15	10	7	134
	1988	29	5	9	9	12	9	6	183
<u>Community</u>									
Land	1986	--	--	--	--	--	--	--	--
	1987	24	7	21	24	21	17	8	1,211
	1988	22	8	20	25	23	18	7	1,525
Surface	1986	--	--	--	--	--	--	--	--
	1987	27	10	28	34	26	19	9	543
	1988	23	10	26	29	21	20	11	344
Sub	1986	--	--	--	--	--	--	--	--
	1987	17	18	24	25	19	16	10	120
	1988	24	15	30	22	17	10	7	103
Air	1986	--	--	--	--	--	--	--	--
	1987	19	14	21	21	18	19	9	143
	1988	16	6	24	19	28	21	11	107

6. In your usual work environment, how many people smoke around you?

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SUBSTANCE CONSUMPTION

8. Do you smoke cigarettes now? [Note: In 1986, question included cigarettes, cigars, and pipes.]

	<u>Yr.</u>	<u>%</u>		<u>N</u>
		No	Yes	
<u>Overall</u>	1986	55	45	3021
	1987	59	41	2154
	1988	61	39	3075
<u>Sex</u>				
Male	1986	54	46	2692
	1987	59	41	1883
	1988	61	39	2682
Female	1986	60	40	329
	1987	65	35	262
	1988	63	37	388
<u>Rank</u>				
Officer	1986	81	19	344
	1987	86	14	312
	1988	88	12	489
Enlisted	1986	52	48	2675
	1987	56	44	1831
	1988	58	42	2567
<u>Age</u>				
< 20 yrs.	1986	48	52	122
	1987	76	24	67
	1988	57	43	125
20-24	1986	55	45	1024
	1987	60	40	472
	1988	63	37	704
25-29	1986	55	45	765
	1987	58	42	546
	1988	61	39	811
30-34	1986	54	46	496
	1987	54	46	433
	1988	60	40	601
35+	1986	58	42	608
	1987	62	38	579
	1988	61	39	794
<u>Time in Service</u>				
< 3 yrs.	1986	51	49	613
	1987	70	30	194
	1988	59	41	440
3-10	1986	59	41	1288
	1987	60	40	990
	1988	63	37	1263
11-20	1986	53	47	665
	1987	57	43	696
	1988	61	39	940
> 20	1986	54	46	147
	1987	60	40	151
	1988	59	41	218
<u>Community</u>				
Land	1986	58	42	1694
	1987	62	38	1230
	1988	63	37	1600
Surface	1986	49	51	1054
	1987	48	52	504
	1988	55	45	727
Sub	1986	61	39	132
	1987	69	31	122
	1988	67	33	108
Air	1986	61	39	141
	1987	67	33	146
	1988	66	34	121

SUBSTANCE CONSUMPTION

9. Do you consider yourself a...

	Yr.	%				Mean	SD	N
		0 Non-smoker	1 Light smoker	2 Moderate smoker	3 Heavy smoker			
<u>Overall</u>	1986	54	10	27	8	.90	1.07	3019
	1987	57	9	26	8	.84	1.06	2155
	1988	59	8	25	7	.79	1.04	3080
<u>Sex</u>								
Male	1986	53	11	28	8	.91	1.06	2691
	1987	56	10	26	8	.85	1.06	1883
	1988	59	9	25	7	.80	1.04	2687
Female	1986	59	7	23	11	.85	1.11	328
	1987	64	5	21	10	.78	1.10	263
	1988	63	6	26	6	.74	1.02	388
<u>Rank</u>								
Officer	1986	81	7	9	3	.35	.77	344
	1987	85	5	6	4	.28	.73	312
	1988	86	7	6	1	.24	.63	489
Enlisted	1986	51	11	29	9	.96	1.08	2673
	1987	54	10	28	9	.91	1.07	1832
	1988	56	9	28	7	.87	1.06	2570
<u>Age</u>								
< 20 yrs.	1986	46	17	35	2	.94	.95	122
	1987	66	13	14	8	.64	.99	67
	1988	54	13	27	6	.86	1.02	128
20-24	1986	53	13	27	7	.89	1.04	1023
	1987	58	10	26	6	.81	1.03	474
	1988	61	9	24	6	.74	1.01	706
25-29	1986	55	7	30	8	.92	1.09	766
	1987	57	9	27	8	.85	1.06	545
	1988	61	7	27	5	.76	1.01	812
30-34	1986	53	9	27	10	.94	1.10	495
	1987	51	9	31	9	.98	1.09	433
	1988	57	9	25	9	.85	1.07	600
35+	1986	57	9	22	11	.87	1.11	607
	1987	60	8	23	10	.82	1.08	579
	1988	58	7	26	8	.84	1.07	795
<u>Time in Service</u>								
< 3 yrs.	1986	48	15	31	6	.95	1.02	612
	1987	65	10	20	5	.65	.96	193
	1988	56	10	27	7	.84	1.04	444
3-10	1986	58	9	26	7	.82	1.04	1290
	1987	59	9	25	7	.80	1.04	992
	1988	62	7	25	6	.75	1.02	1264
11-20	1986	52	9	26	13	1.00	1.14	661
	1987	54	9	28	9	.92	1.08	695
	1988	58	8	25	9	.84	1.07	939
> 20	1986	54	6	26	14	1.01	1.18	147
	1987	55	8	23	14	.95	1.16	151
	1988	57	9	26	9	.87	1.08	218
<u>Community</u>								
Land	1986	57	10	26	8	.84	1.05	1695
	1987	59	9	24	8	.80	1.05	1232
	1988	61	8	25	6	.76	1.03	1601
Surface	1986	48	12	31	10	1.03	1.08	1051
	1987	47	11	34	9	1.05	1.08	504
	1988	54	10	28	8	.91	1.07	730
Sub	1986	60	10	23	6	.76	1.02	132
	1987	68	7	16	9	.66	1.05	123
	1988	66	10	13	11	.69	1.07	108
Air	1986	60	8	24	9	.82	1.08	141
	1987	63	7	22	8	.74	1.05	144
	1988	65	4	27	3	.69	.99	121

SUBSTANCE CONSUMPTION

10. When was the most recent time you smoked a cigarette?

		Yr.	%										Mean	SD	N
			0 Never smoked	1 10/more yrs ago	2 6-9 yrs ago	3 3-5 yrs ago	4 1-2 yrs ago	5 7-11 mos ago	6 4-6 mos ago	7 2-3 mos ago	8 5-7 weeks ago	9 Past 30 days	10 Today		
Overall	1986			
	1987		27	9	4	7	5	2	2	2	1	5	37	5.10	
	1988		27	9	5	6	6	2	2	2	1	6	36	5.09	
Sex															
Male	1986			
	1987		26	9	5	7	5	2	2	2	1	5	37	5.17	
	1988		26	9	5	6	6	2	1	2	1	6	36	5.11	
Female	1986			
	1987		37	11	2	2	4	3	0	1	0	5	34	4.50	
	1988		35	6	3	5	3	2	2	3	1	5	34	4.82	
Rank															
Officer	1986			
	1987		36	22	9	8	6	1	2	1	.	4	12	2.63	
	1988		38	23	7	8	5	1	2	1	1	4	11	2.54	
Enlisted	1986			
	1987		26	8	4	7	4	2	2	2	1	6	39	5.38	
	1988		25	7	4	6	6	2	2	2	1	6	39	5.43	
Age															
< 20 yrs	1986			
	1987		40	.	3	8	2	.	5	19	.	8	16	4.29	
	1988		30	2	1	3	5	3	2	5	5	9	36	5.71	
20-24	1986			
	1987		29	2	3	7	6	2	3	2	1	8	36	5.39	
	1988		30	4	3	5	7	3	1	3	1	9	34	5.28	
25-29	1986			
	1987		28	10	3	6	4	3	1	2	1	5	38	5.17	
	1988		29	7	4	5	8	3	2	2	1	4	35	5.00	
30-34	1986			
	1987		24	10	6	6	5	1	1	0	1	4	43	5.41	
	1988		26	11	5	7	4	2	2	1	0	4	38	5.04	
35+	1986			
	1987		25	17	7	7	4	1	1	0	1	1	36	4.56	
	1988		21	18	8	7	3	1	1	1	0	3	38	4.84	
Time in Service															
< 3 yrs.	1986			
	1987		35	3	3	8	2	1	5	10	.	9	25	4.72	
	1988		28	4	3	2	7	2	2	2	2	10	38	5.65	
3-10	1986			
	1987		28	7	4	7	5	2	2	2	1	7	36	5.15	
	1988		29	7	3	6	7	3	2	2	0	5	34	4.96	
11-20	1986			
	1987		24	13	5	6	5	1	1	0	1	3	40	5.09	
	1988		24	13	6	8	3	1	1	1	1	4	37	4.96	
> 20	1986			
	1987		25	18	5	6	4	1	2	1	0	.	39	4.69	
	1988		11	23	11	5	3	2	1	.	1	3	40	5.18	
Community															
Land	1986			
	1987		29	10	4	7	5	2	1	3	1	6	34	4.88	
	1988		28	10	5	7	6	2	1	2	1	5	34	4.88	
Surface	1986			
	1987		21	8	3	6	4	1	2	1	1	5	48	6.04	
	1988		23	7	4	4	5	2	2	3	0	6	41	5.77	
Sub	1986			
	1987		38	5	6	8	2	3	3	3	.	5	27	4.16	
	1988		32	3	4	9	5	3	2	0	1	7	30	4.58	
Air	1986			
	1987		28	6	7	9	6	4	1	2	2	2	33	4.73	
	1988		29	16	4	5	7	1	2	1	.	3	31	4.31	

SUBSTANCE CONSUMPTION

11. During the last 30 days, how many cigarettes did you usually smoke on a typical day when you smoked cigarettes?

	Yr.	Did not smoke	%												Mean among smokers	SD among smokers	N
			< 1	1-5	6-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45	46-55	>55			
Overall	1986	21.69	14.35	2171
	1987	55	3	4	5	5	9	5	5	2	3	1	1	2	21.69	14.35	2171
	1988	56	3	5	5	6	11	5	4	1	2	1	1	2	19.77	13.02	2052
Sex																	
Male	1986	21.75	14.57	1900
	1987	55	3	4	5	4	10	6	4	2	2	1	1	2	21.75	14.57	1900
	1988	55	3	5	5	6	11	5	4	1	2	1	1	2	20.04	13.00	2719
Female	1986	21.32	12.16	225
	1987	58	1	5	3	7	9	5	2	2	7	1	0	0	21.32	12.16	225
	1988	60	5	3	7	5	9	2	3	2	2	1	0	0	17.41	12.70	328
Rank																	
Officer	1986	21.24	14.20	221
	1987	83	2	3	1	2	2	1	2	3	5	1	1	0	21.24	14.20	221
	1988	84	2	2	2	2	2	2	1	1	1	2	1	1	21.28	13.13	315
Enlisted	1986	21.70	14.39	1902
	1987	52	3	5	6	5	10	6	5	2	3	1	1	2	21.70	14.39	1902
	1988	52	3	5	5	6	12	5	4	1	2	1	1	2	19.69	12.98	2716
Age																	
< 20 yrs	1986	19.63	21.82	97
	1987	76	4	2	4	6	3	1	0	0	0	0	0	4	19.63	21.82	97
	1988	55	2	10	4	9	10	3	4	0	0	0	1	0	13.57	9.82	182
20-24	1986	18.68	12.45	555
	1987	52	4	6	5	6	13	6	2	1	3	0	0	1	18.68	12.45	555
	1988	54	5	8	6	6	11	3	2	1	1	1	0	1	16.61	11.46	858
25-29	1986	20.08	13.49	544
	1987	54	3	6	5	6	8	7	5	1	2	1	1	2	20.08	13.49	544
	1988	58	3	4	6	6	9	6	3	1	2	1	0	2	18.93	13.13	783
30-34	1986	23.93	15.80	401
	1987	49	3	3	8	4	11	5	5	2	4	1	1	4	23.93	15.80	401
	1988	55	2	3	3	4	15	4	5	1	3	1	1	1	21.81	13.16	538
35+	1986	25.30	13.64	488
	1987	61	0	2	3	3	7	5	7	3	4	2	1	2	25.30	13.64	488
	1988	55	1	2	3	5	10	7	5	3	5	1	1	3	24.68	12.97	651
Time in Service																	
< 3 yrs.	1986	16.37	14.27	221
	1987	62	5	5	7	5	8	5	1	0	1	0	1	1	16.37	14.27	221
	1988	51	4	10	7	6	12	3	4	1	1	0	0	1	15.74	11.46	551
3-10	1986	20.33	13.97	1011
	1987	54	3	6	5	5	10	6	3	1	3	0	0	2	20.33	13.97	1011
	1988	57	4	4	5	6	9	5	3	1	2	1	0	1	19.09	12.60	1226
11-20	1986	22.68	12.89	642
	1987	54	1	2	7	3	10	5	7	3	3	2	1	1	22.68	12.89	642
	1988	65	2	3	3	5	12	6	5	2	4	1	0	1	22.34	12.67	847
> 20	1986	28.63	14.15	133
	1987	59	0	3	0	4	4	5	7	2	8	2	4	2	28.63	14.15	133
	1988	51	0	2	3	5	13	6	4	1	5	1	2	7	25.84	14.91	181
Community																	
Land	1986	21.27	14.59	1194
	1987	58	2	5	5	5	9	5	4	2	3	1	1	2	21.27	14.59	1194
	1988	58	3	4	4	6	11	4	3	2	2	1	1	2	20.75	11.52	1507
Surface	1986	22.31	14.79	538
	1987	44	3	4	8	5	11	7	6	2	3	1	1	3	22.31	14.79	538
	1988	47	4	7	7	6	12	5	5	1	2	1	1	2	19.24	13.25	836
Sub	1986	21.43	12.17	118
	1987	65	3	6	2	3	5	6	6	0	3	2	0	0	21.43	12.17	118
	1988	62	4	5	2	6	6	3	4	3	5	0	0	0	20.75	11.52	103
Air	1986	22.69	13.29	143
	1987	63	2	3	4	2	12	6	2	1	1	2	0	2	22.69	13.29	143
	1988	66	3	2	4	5	11	3	3	1	3	1	0	2	21.42	14.85	106

SUBSTANCE CONSUMPTION

12. How many years have you used (or did you use) tobacco on a regular basis: that is, at least some tobacco a day? Do not count any time when you quit using tobacco.

	<u>Yr.</u>	<u>Mean</u>	<u>SD</u>	<u>N</u>	<u>Range</u>
<u>Overall</u>	1986	--	--	--	--
	1987	9.60	7.45	1,323	< 1 year-40
	1988	9.44	7.45	1,967	< 1 year-40
<u>Sex</u>					
Male	1986	--	--	--	--
	1987	9.71	7.52	1,202	< 1 year-40
	1988	9.65	7.54	1,792	< 1 year-40
Female	1986	--	--	--	--
	1987	8.38	6.67	118	< 1 year-30
	1988	7.19	6.10	171	< 1 year-27
<u>Rank</u>					
Officer	1986	--	--	--	--
	1987	10.82	9.01	109	< 1 year-35
	1988	11.49	9.27	145	< 1 year-37
Enlisted	1986	--	--	--	--
	1987	9.48	7.28	1,209	< 1 year-40
	1988	9.29	7.27	1,813	< 1 year-40
<u>Age</u>					
< 20 yrs.	1986	--	--	--	--
	1987	3.21	3.54	42	< 1 year-10
	1988	3.52	2.71	109	< 1 year-10
20-24	1986	--	--	--	--
	1987	5.05	3.55	318	< 1 year-18
	1988	5.03	3.49	516	< 1 year-18
25-29	1986	--	--	--	--
	1987	7.84	5.05	339	< 1 year-20
	1988	18.33	6.93	236	< 1 year-20
30-34	1986	--	--	--	--
	1987	10.32	5.82	266	< 1 year-26
	1988	10.94	6.30	354	< 1 year-25
35+	1986	--	--	--	--
	1987	16.15	8.96	323	< 1 year-40
	1988	16.63	8.77	462	< 1 year-40
<u>Time in Service</u>					
< 3 yrs.	1986	--	--	--	--
	1987	3.85	3.37	117	< 1 year-15
	1988	4.55	3.79	353	< 1 year-30
3-10	1986	--	--	--	--
	1987	7.22	5.06	608	< 1 year-28
	1988	7.25	4.91	749	< 1 year-35
11-20	1986	--	--	--	--
	1987	12.57	7.54	427	< 1 year-38
	1988	12.88	7.46	578	< 1 year-40
> 20	1986	--	--	--	--
	1987	19.06	9.65	93	< 1 year-40
	1988	20.13	9.15	147	< 1 year-37
<u>Community</u>					
Land	1986	--	--	--	--
	1987	10.13	7.72	737	< 1 year-40
	1988	9.92	7.68	960	< 1 year-37
Surface	1986	--	--	--	--
	1987	8.88	6.96	353	< 1 year-30
	1988	8.16	6.52	554	< 1 year-40
Sub	1986	--	--	--	--
	1987	6.90	6.35	67	< 1 year-22
	1988	7.98	6.40	57	< 1 year-29
Air	1986	--	--	--	--
	1987	9.86	7.60	78	< 1 year-35
	1988	8.93	8.25	68	< 1 year-30

SUBSTANCE CONSUMPTION

13. At what age did you first start using tobacco products regularly?

	Yr.	%					Mean	SD	N
		Under 12	12-14	15-17	18-20	21 or older			
Overall	1986	5	16	36	31	12	16.83	2.79	1379
	1987	5	16	36	31	12	16.83	2.79	1379
	1988	7	19	35	28	12	16.55	2.92	1995
Sex									
Male	1986	5	16	36	31	12	16.81	2.79	1239
	1987	5	16	36	31	12	16.81	2.79	1239
	1988	7	19	35	28	12	16.54	2.94	1792
Female	1986	3	17	30	39	11	17.04	2.74	136
	1987	3	17	30	39	11	17.04	2.74	136
	1988	3	18	40	26	13	16.69	2.72	199
Rank									
Officer	1986	1	12	24	40	23	17.94	2.62	154
	1987	1	12	24	40	23	17.94	2.62	154
	1988	3	13	23	36	26	17.83	2.86	228
Enlisted	1986	5	16	37	31	11	16.74	2.78	1217
	1987	5	16	37	31	11	16.74	2.78	1217
	1988	7	19	36	27	11	16.44	2.90	1757
Age									
< 20 yrs.	1986	13	31	50	6	0	14.60	2.19	38
	1987	13	31	50	6	0	14.60	2.19	38
	1988	11	24	47	18	0	15.34	2.47	78
20-24	1986	3	22	34	35	6	16.51	2.65	280
	1987	3	22	34	35	6	16.51	2.65	280
	1988	9	24	36	26	5	15.94	2.83	423
25-29	1986	6	17	36	26	14	16.68	2.94	337
	1987	6	17	36	26	14	16.68	2.94	337
	1988	5	20	34	26	15	16.71	2.93	509
30-34	1986	2	9	42	32	16	17.39	2.48	296
	1987	2	9	42	32	16	17.39	2.48	296
	1988	4	15	34	32	15	17.07	2.82	397
35+	1986	5	13	30	37	16	17.26	2.82	391
	1987	5	13	30	37	16	17.26	2.82	391
	1988	8	13	34	30	16	16.97	2.97	564
Time in Service									
< 3 yrs.	1986	10	22	36	30	2	15.84	2.77	110
	1987	10	22	36	30	2	15.84	2.77	110
	1988	10	24	38	23	4	15.71	2.78	270
3-10	1986	5	18	37	29	12	16.67	2.81	599
	1987	5	18	37	29	12	16.67	2.81	599
	1988	5	19	34	29	13	16.71	2.90	764
11-20	1986	3	14	35	33	15	17.17	2.73	466
	1987	3	14	35	33	15	17.17	2.73	466
	1988	6	17	34	30	13	16.75	2.93	653
> 20	1986	3	5	35	43	15	17.77	2.36	115
	1987	3	5	35	43	15	17.77	2.36	115
	1988	7	12	40	27	14	16.97	2.85	177
Community									
Land	1986	5	16	34	32	13	16.92	2.82	780
	1987	5	16	34	32	13	16.92	2.82	780
	1988	5	20	37	24	13	16.55	2.89	1021
Surface	1986	5	17	40	30	9	16.55	2.71	353
	1987	5	17	40	30	9	16.55	2.71	353
	1988	7	19	33	32	9	16.51	2.90	496
Sub	1986	7	18	32	34	9	16.61	2.92	68
	1987	7	18	32	34	9	16.61	2.92	68
	1988	12	8	36	29	15	16.75	3.11	58
Air	1986	3	9	41	29	18	17.33	2.65	81
	1987	3	9	41	29	18	17.33	2.65	81
	1988	4	16	32	35	13	17.07	2.85	75

SUBSTANCE CONSUMPTION

14. When did you start using tobacco?

	Yr.	%		Mean	SD	N
		Started before joining the service	Started after joining the service			
Overall	1986	.	.	1.25	.43	1377
	1987	75	25	1.23	.42	2001
	1988	77	23			
<u>Sex</u>						
Male	1986	.	.	1.26	.44	1236
	1987	74	26	1.24	.42	1796
	1988	76	24			
Female	1986	.	.	1.23	.42	136
	1987	77	23	1.16	.37	201
	1988	84	16			
<u>Rank</u>						
Officer	1986	.	.	1.24	.43	157
	1987	76	24	1.22	.42	233
	1988	78	22			
Enlisted	1986	.	.	1.25	.44	1211
	1987	75	25	1.23	.42	1759
	1988	77	23			
<u>Age</u>						
< 20 yrs.	1986	.	.	1.03	.16	38
	1987	97	3	1.16	.37	77
	1988	84	16			
20-24	1986	.	.	1.28	.45	278
	1987	72	28	1.21	.41	425
	1988	79	21			
25-29	1986	.	.	1.21	.41	335
	1987	79	21	1.25	.43	508
	1988	75	25			
30-34	1986	.	.	1.27	.45	298
	1987	73	27	1.22	.42	400
	1988	78	22			
35+	1986	.	.	1.27	.45	392
	1987	73	27	1.24	.42	566
	1988	76	24			
<u>Time in Service</u>						
< 3 yrs.	1986	.	.	1.13	.34	104
	1987	87	13	1.15	.35	271
	1988	85	15			
3-10	1986	.	.	1.23	.42	603
	1987	77	23	1.24	.43	767
	1988	76	24			
11-20	1986	.	.	1.31	.46	467
	1987	69	31	1.26	.44	654
	1988	74	26			
> 20	1986	.	.	1.31	.47	114
	1987	69	31	1.21	.41	178
	1988	79	21			
<u>Community</u>						
Land	1986	.	.	1.26	.44	771
	1987	74	26	1.22	.41	1023
	1988	78	22			
Surface	1986	.	.	1.23	.42	356
	1987	77	23	1.24	.43	497
	1988	76	24			
Sub	1986	.	.	1.32	.47	68
	1987	68	32	1.36	.48	59
	1988	64	36			
Air	1986	.	.	1.26	.44	84
	1987	74	26	1.29	.46	76
	1988	71	29			

SUBSTANCE CONSUMPTION

15. Are you in any way concerned about the possible negative effects of tobacco use on your health?

	Yr.	0 No	1 Yes	2 Don't Know	Mean	SD	N
<u>Overall</u>							
	1986	0	0	0	.76	.55	2132
	1987	30	64	6	.76	.55	3054
	1988	28	65	7			
<u>Sex</u>							
<u>Male</u>							
	1986	0	0	0	.76	.56	1864
	1987	30	63	7	.76	.56	2666
	1988	28	65	7	.79	.55	
<u>Female</u>							
	1986	0	0	0	.72	.48	259
	1987	30	69	1	.72	.48	383
	1988	31	64	5	.74	.54	
<u>Rank</u>							
<u>Officer</u>							
	1986	0	0	0	.70	.48	308
	1987	30	69	1	.70	.47	491
	1988	31	69	1			
<u>Enlisted</u>							
	1986	0	0	0	.76	.56	1813
	1987	30	63	7	.76	.56	2542
	1988	28	64	8	.80		
<u>Age</u>							
< 20 yrs.							
	1986	0	0	0	.61	.55	65
	1987	42	55	3	.61	.55	127
	1988	32	59	9	.77	.60	
20-24							
	1986	0	0	0	.75	.56	465
	1987	31	62	7	.75	.56	701
	1988	27	61	8	.81	.56	
25-29							
	1986	0	0	0	.76	.56	539
	1987	31	62	7	.76	.56	796
	1988	29	65	6	.76	.54	
30-34							
	1986	0	0	0	.78	.53	434
	1987	28	67	5	.78	.53	596
	1988	29	64	7	.77	.56	
35+							
	1986	0	0	0	.77	.55	572
	1987	29	64	6	.77	.55	795
	1988	27	67	7	.80	.54	
<u>Time in Service</u>							
< 3 yrs.							
	1986	0	0	0	.70	.55	190
	1987	35	61	4	.70	.55	442
	1988	27	66	7	.81	.55	
3-10							
	1986	0	0	0	.75	.56	981
	1987	31	62	6	.75	.56	1247
	1988	28	66	6	.78	.54	
11-20							
	1986	0	0	0	.77	.54	689
	1987	29	65	6	.77	.54	934
	1988	29	65	6	.78	.55	
> 20							
	1986	0	0	0	.79	.51	151
	1987	25	70	5	.79	.51	218
	1988	23	68	10	.87	.55	
<u>Community</u>							
<u>Land</u>							
	1986	0	0	0	.76	.55	1215
	1987	29	65	6	.76	.55	1589
	1988	28	65	7	.78	.55	
<u>Surface</u>							
	1986	0	0	0	.75	.56	497
	1987	33	60	7	.75	.56	721
	1988	28	65	7	.79	.55	
<u>Sub</u>							
	1986	0	0	0	.74	.49	122
	1987	28	69	2	.74	.49	108
	1988	27	69	4	.76	.50	
<u>Air</u>							
	1986	0	0	0	.74	.51	145
	1987	29	68	3	.74	.51	121
	1988	26	70	4	.79	.51	

SUBSTANCE CONSUMPTION

16. Have medical personnel ever talked to you about your tobacco use and urged you to quit?

	Yr.	f		Mean	SD	N
		0 No	1 Yes			
Overall	1986	. 62	. 38	. .38	. .49	. 1371
	1987	59	41	.41	.49	1978
	1988					
Sex						
Male	1986	. 63	. 37	. .37	. .48	. 1230
	1987	59	41	.41	.49	1777
	1988					
Female	1986	. 54	. 46	. .46	. .50	. 135
	1987	56	44	.44	.50	197
	1988					
Rank						
Officer	1986	. 63	. 37	. .37	. .48	. 148
	1987	51	49	.49	.50	234
	1988					
Enlisted	1986	. 62	. 38	. .38	. .49	. 1214
	1987	60	40	.40	.49	1735
	1988					
Age						
< 20 yrs.	1986	. 73	. 27	. .27	. .45	. 38
	1987	75	25	.25	.43	78
	1988					
20-24	1986	. 66	. 34	. .34	. .47	. 284
	1987	68	32	.32	.47	417
	1988					
25-29	1986	. 66	. 34	. .34	. .48	. 335
	1987	63	37	.37	.48	503
	1988					
30-34	1986	. 60	. 40	. .40	. .49	. 294
	1987	57	43	.43	.50	390
	1988					
35+	1986	. 54	. 46	. .46	. .50	. 380
	1987	42	58	.58	.49	566
	1988					
Time in Service						
< 3 yrs.	1986	. 74	. 26	. .26	. .44	. 111
	1987	65	35	.35	.48	266
	1988					
3-10	1986	. 65	. 35	. .35	. .48	. 602
	1987	65	35	.35	.48	753
	1988					
11-20	1986	. 58	. 42	. .42	. .49	. 455
	1987	51	49	.49	.50	652
	1988					
> 20	1986	. 45	. 55	. .55	. .50	. 113
	1987	30	70	.70	.46	178
	1988					
Community						
Land	1986	. 61	. 39	. .39	. .49	. 765
	1987	56	44	.44	.50	1015
	1988					
Surface	1986	. 63	. 37	. .37	. .48	. 358
	1987	66	34	.34	.48	486
	1988					
Sub	1986	. 65	. 35	. .35	. .48	. 68
	1987	50	50	.50	.50	59
	1988					
Air	1986	. 62	. 38	. .38	. .49	. 84
	1987	63	37	.37	.49	76
	1988					

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17. Have you ever thought about quitting?

	<u>Yr.</u>	<u>%</u>			<u>Mean</u>	<u>SD</u>	<u>N</u>
		0 No, have never thought about quitting	1 Yes, have thought about quitting	2 Have already quit			
<u>Overall</u>	1986	.	.	.	1.26	.55	1365
	1987	6	63	31	1.31	.55	1365
	1988	4	61	35	1.31	.54	1967
<u>Sex</u>							
Male	1986	.	.	.	1.25	.56	1225
	1987	6	63	31	1.31	.56	1225
	1988	4	61	35	1.31	.54	1763
Female	1986	.	.	.	1.33	.52	135
	1987	3	62	35	1.33	.52	135
	1988	2	61	37	1.34	.52	200
<u>Rank</u>							
Officer	1986	.	.	.	1.61	.54	150
	1987	3	34	63	1.61	.54	150
	1988	4	33	63	1.59	.57	228
Enlisted	1986	.	.	.	1.23	.54	1206
	1987	6	65	29	1.23	.54	1206
	1988	4	64	32	1.29	.53	1730
<u>Age</u>							
< 20 yrs.	1986	.	.	.	1.20	.52	38
	1987	5	70	25	1.20	.52	38
	1988	1	78	21	1.20	.43	75
20-24	1986	.	.	.	1.18	.49	275
	1987	4	73	23	1.18	.49	275
	1988	3	65	32	1.29	.51	413
25-29	1986	.	.	.	1.25	.55	332
	1987	6	64	30	1.25	.55	332
	1988	3	65	32	1.28	.52	499
30-34	1986	.	.	.	1.26	.57	297
	1987	6	61	33	1.26	.57	297
	1988	6	55	39	1.34	.58	395
35+	1986	.	.	.	1.37	.58	385
	1987	5	52	43	1.37	.58	385
	1988	5	54	41	1.37	.57	561
<u>Time in Service</u>							
< 3 yrs.	1986	.	.	.	1.20	.49	106
	1987	4	72	24	1.20	.49	106
	1988	2	72	26	1.25	.47	260
3-10	1986	.	.	.	1.24	.54	596
	1987	5	65	30	1.24	.54	596
	1988	4	63	33	1.29	.54	754
11-20	1986	.	.	.	1.30	.57	461
	1987	6	58	36	1.30	.57	461
	1988	4	56	40	1.35	.56	648
> 20	1986	.	.	.	1.32	.58	113
	1987	6	56	38	1.32	.58	113
	1988	2	55	43	1.42	.53	177
<u>Community</u>							
Land	1986	.	.	.	1.30	.56	766
	1987	5	59	36	1.30	.56	766
	1988	3	59	38	1.34	.54	1010
Surface	1986	.	.	.	1.17	.50	353
	1987	5	72	22	1.17	.50	353
	1988	4	66	30	1.26	.52	488
Sub	1986	.	.	.	1.25	.59	65
	1987	8	59	33	1.25	.59	65
	1988	6	63	31	1.24	.56	59
Air	1986	.	.	.	1.31	.57	83
	1987	6	58	36	1.31	.57	83
	1988	2	54	44	1.41	.54	75

SUBSTANCE CONSUMPTION

18. How many times have you (or did you) seriously try to quit using tobacco?

		Yr.	%										Mean	SD	N
			0	1	2	3	4	5	6	7	8	9			
<u>Overall</u>	1986	
	1987		17	30	23	13	5	3	1	1	0	6	2.22	2.24	1356
	1988		15	30	22	13	7	4	2	0	0	7	2.37	2.29	1949
<u>Sex</u>															
Male	1986	
	1987		18	30	22	13	5	3	2	1	0	6	2.23	2.29	1219
	1988		15	30	22	13	7	4	2	1	0	7	2.40	2.33	1748
Female	1986	
	1987		8	37	28	12	8	4	.	.	0	3	2.08	1.73	133
	1988		16	28	30	12	6	4	2	.	.	2	2.01	1.76	197
<u>Rank</u>															
Officer	1986	
	1987		11	36	21	14	7	5	1	.	1	4	2.20	1.99	152
	1988		12	35	22	9	7	4	2	.	0	9	2.48	2.47	227
Enlisted	1986	
	1987		18	29	23	13	5	3	2	1	0	6	2.22	2.27	1195
	1988		15	29	23	14	7	4	2	0	0	6	2.36	2.27	1713
<u>Age</u>															
< 20 yrs.	1986	
	1987		28	32	6	10	8	3	5	.	.	9	2.28	2.68	39
	1988		16	27	26	9	6	4	4	.	.	9	2.50	2.51	77
20-24	1986	
	1987		17	32	23	12	5	3	1	0	0	6	2.17	2.24	273
	1988		14	35	22	14	7	2	1	0	.	5	2.11	2.04	412
25-29	1986	
	1987		18	30	22	13	5	3	2	1	.	6	2.20	2.23	330
	1988		10	25	23	12	6	4	2	1	1	7	2.37	2.41	500
30-34	1986	
	1987		17	32	25	11	4	2	0	1	0	7	2.16	2.29	291
	1988		14	32	23	10	7	3	4	0	.	6	2.33	2.27	384
35+	1986	
	1987		14	29	24	15	5	5	2	0	1	4	2.30	2.13	385
	1988		11	27	21	17	8	5	3	0	0	7	2.64	2.33	551
<u>Time in Service</u>															
< 3 yrs.	1986	
	1987		21	31	14	14	5	3	2	1	.	10	2.39	2.63	110
	1988		15	33	25	12	6	3	2	0	.	5	2.13	2.06	262
3-10	1986	
	1987		18	29	24	13	5	3	1	0	0	5	2.16	2.18	590
	1988		17	29	22	14	7	3	2	1	0	6	2.26	2.23	750
11-20	1986	
	1987		17	32	23	12	4	4	2	0	0	6	2.19	2.24	458
	1988		12	30	21	15	7	4	3	0	1	7	2.52	2.35	638
> 20	1986	
	1987		15	30	22	15	9	2	1	.	1	5	2.24	2.13	114
	1988		8	31	23	11	13	6	1	0	.	7	2.62	2.23	171
<u>Community</u>															
Land	1986	
	1987		16	30	22	13	6	4	2	1	0	6	2.27	2.24	760
	1988		14	30	23	13	7	4	3	0	0	7	2.42	2.31	998
Surface	1986	
	1987		17	30	25	13	2	3	1	1	0	7	2.28	2.37	349
	1988		17	29	21	12	8	3	1	1	0	7	2.36	2.40	486
Sub	1986	
	1987		14	44	20	11	6	1	.	.	3	1	1.75	1.69	68
	1988		14	27	24	11	11	7	.	.	.	5	2.34	2.12	59
Air	1986	
	1987		30	28	20	11	5	3	.	.	0	1	1.52	1.58	84
	1988		8	39	16	28	3	4	1	.	.	1	2.01	1.46	74

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19. Just thinking of the last time you quit, how long did you (or have you) stayed off tobacco?

	Yr.	%											Mean	SD	N
		0 Never have	1 2 wks or less	2 3-4 wks	3 5-7 wks	4 2-3 mos	5 4-6 mos	6 7-11 mos	7 1-2 yrs	8 3-5 yrs	9 6-9 yrs	10 10 or more			
Overall	1986	4.06	3.30	1354
	1987	15	21	8	4	8	7	6	10	8	5	7	4.06	3.30	1354
	1988	13	21	9	4	9	7	6	11	7	4	8	4.10	3.29	1357
Sex															
Male	1986	4.05	3.30	1215
	1987	16	20	8	4	8	8	6	10	8	5	7	4.05	3.30	1215
	1988	13	21	9	5	9	7	5	11	7	4	8	4.09	3.30	1758
Female	1986	4.15	3.29	134
	1987	6	28	12	3	9	5	8	6	9	6	8	4.15	3.29	134
	1988	12	22	7	3	9	9	7	10	11	4	6	4.28	3.25	195
Rank															
Officer	1986	6.48	3.48	153
	1987	9	9	3	3	2	7	5	11	11	15	25	6.48	3.48	153
	1988	8	8	5	2	3	6	4	11	12	11	29	6.54	3.49	227
Enlisted	1986	3.84	3.20	1192
	1987	15	22	9	4	9	7	7	10	7	5	5	3.84	3.20	1192
	1988	14	22	9	5	9	8	6	11	7	4	6	3.89	3.19	1722
Age															
< 20 yrs	1986	3.39	2.45	37
	1987	11	23	6	4	32	3	14	.	6	3	.	3.39	2.45	37
	1988	13	39	10	8	13	4	4	6	3	.	.	2.41	2.18	74
20-24	1986	2.96	2.71	273
	1987	18	28	11	5	9	7	7	8	5	2	0	2.96	2.71	273
	1988	13	25	11	5	12	9	6	9	4	3	2	3.38	2.78	409
25-29	1986	3.88	3.13	330
	1987	15	21	9	4	11	5	8	10	9	4	4	3.88	3.13	330
	1988	16	21	7	4	9	7	6	14	7	3	6	3.89	3.19	501
30-34	1986	4.40	3.43	292
	1987	14	19	8	3	6	8	5	14	7	8	9	4.40	3.43	292
	1988	14	16	8	4	6	8	5	12	12	6	10	4.67	3.47	389
35+	1986	5.17	3.62	385
	1987	12	15	6	3	4	10	4	8	10	9	16	5.17	3.62	385
	1988	10	18	8	4	5	7	5	10	10	7	17	5.07	3.60	559
Time in Service															
< 3 yrs.	1986	3.30	2.91	108
	1987	19	23	6	5	18	7	3	6	8	3	2	3.30	2.91	108
	1988	13	28	14	5	12	8	6	8	3	1	2	3.06	2.63	263
3-10	1986	3.62	3.08	589
	1987	16	24	9	5	10	5	8	10	6	4	3	3.62	3.08	589
	1988	16	22	7	5	10	8	6	12	7	3	5	3.81	3.14	743
11-20	1986	4.70	3.47	457
	1987	14	16	9	3	5	10	5	12	9	7	11	4.70	3.47	457
	1988	11	17	9	4	6	6	5	12	11	7	13	4.86	3.49	644
> 20	1986	5.12	3.65	116
	1987	13	14	7	3	6	9	4	11	7	8	17	5.12	3.65	116
	1988	8	19	8	3	6	8	5	8	8	8	20	5.27	3.63	178
Community															
Land	1986	4.29	3.31	761
	1987	13	19	9	4	9	7	8	9	8	6	8	4.29	3.31	761
	1988	12	19	8	5	10	7	6	12	8	5	9	4.37	3.32	1001
Surface	1986	3.48	3.11	347
	1987	16	28	8	4	6	9	4	11	6	3	5	3.48	3.11	347
	1988	17	25	9	3	10	9	5	8	6	3	5	3.49	3.11	489
Sub	1986	4.36	3.08	67
	1987	16	9	6	6	16	12	4	10	7	8	4	4.36	3.08	67
	1988	11	28	12	1	6	2	7	11	11	4	6	3.95	3.34	60
Air	1986	4.29	3.47	82
	1987	19	16	8	5	5	4	4	14	13	8	5	4.29	3.47	82
	1988	7	15	9	8	12	3	3	10	11	4	18	5.10	3.48	75

SUBSTANCE CONSUMPTION

20. Just thinking of the last time you tried to quit using tobacco, what method(s) did you use? (Mark all that apply)

- | | | |
|---|---|-------------------------------------|
| 0. NA, never have used tobacco products | 5. Hypnosis | 10. Gradually decreased number |
| 1. Never have tried to quit | 6. Special filters or holders | 11. Substituted candy, gum, food |
| 2. Program or course for a fee | 7. Lower tar and nicotine cigarettes | 12. "COLD TURKEY" |
| 3. Free program or course (military) | 8. With friends, relatives, acquaintances | 13. American Lung "Self Quit" Prog. |
| 4. Psychologist or psychiatrist | 9. Nicorette (nicotine gum) | 14. Other methods |

	Yr.	% Yes*														N	
		0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Overall	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	35	9	1	1	0	1	2	6	5	2	9	8	45	0	3	2,160
	1988	33	7	1	2	0	1	3	3	5	3	10	9	46	1	3	3,084
Sex																	
Male	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	33	10	1	1	0	0	2	5	5	2	9	8	45	0	3	1,923
	1988	31	7	1	2	0	1	3	5	5	3	10	9	47	1	3	2,744
Female	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	47	2	1	2	0	1	2	8	5	4	9	8	43	0	3	228
	1988	44	6	0	2	0	0	2	4	8	2	11	9	40	1	4	335
Rank																	
Officer	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	49	5	1	3	1	1	2	4	2	3	4	4	39	1	1	224
	1988	52	4	0	2	0	1	3	4	2	3	6	5	37	1	3	316
Enlisted	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	33	9	1	1	0	0	2	6	5	2	9	9	46	0	4	1,926
	1988	30	8	1	2	0	1	3	5	6	3	11	10	47	1	3	2,747
Age																	
< 20 yrs.	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	42	8	0	3	0	0	0	5	7	0	6	7	39	0	7	89
	1988	39	5	0	0	0	0	0	6	7	1	11	13	45	0	2	183
20-24	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	40	9	0	0	0	0	1	4	4	1	8	7	43	0	2	562
	1988	38	6	0	1	0	0	1	3	7	2	9	11	43	1	4	867
25-29	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	36	8	0	1	0	0	2	5	6	2	11	8	45	0	3	555
	1988	33	9	1	2	0	1	3	5	5	3	9	9	46	0	2	792
30-34	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	30	11	2	1	0	1	3	6	4	3	7	8	51	1	3	401
	1988	29	9	0	2	0	1	5	5	4	3	12	7	45	1	3	546
35+	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	31	8	1	3	1	1	4	7	5	4	8	10	44	1	5	494
	1988	26	7	1	3	0	1	6	9	5	5	11	8	52	2	3	657
Time in Service																	
< 3 yrs.	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	42	11	0	3	0	0	1	5	4	0	6	6	40	1	4	224
	1988	35	7	0	0	0	0	1	2	7	1	10	13	44	1	5	556
3-10	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	38	9	1	0	0	0	2	4	5	1	9	7	44	0	3	1,025
	1988	36	8	0	1	0	1	2	4	5	2	9	9	43	0	2	1,240
11-20	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	30	10	1	3	0	0	4	7	4	5	7	10	46	1	5	648
	1988	28	6	1	3	0	1	6	7	4	5	12	8	49	1	2	856
> 20	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	28	9	1	3	1	2	4	8	6	4	11	7	47	1	2	134
	1988	16	6	2	2	0	1	6	8	5	5	11	8	62	1	3	183
Community																	
Land	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	35	8	1	2	0	1	3	6	5	3	9	8	45	0	3	1,211
	1988	33	7	1	2	0	1	3	5	5	3	9	9	47	1	3	1,525
Surface	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	30	11	0	1	0	0	3	7	6	1	12	10	48	0	5	543
	1988	31	8	0	1	0	1	2	4	6	2	12	10	45	0	4	844
Sub	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	43	8	0	0	0	0	0	0	0	1	3	5	44	0	2	120
	1988	42	7	0	1	0	0	1	6	4	7	7	9	40	0	2	103
Air	1986	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
	1987	39	11	0	1	0	0	1	7	3	0	4	10	40	1	5	143
	1988	33	4	0	0	1	2	8	10	4	9	7	8	55	3	1	107

* Percentages will not total 100% since respondents could mark multiple methods.

SUBSTANCE CONSUMPTION

21. During the past 12 months, have you attended any class or clinic that provided education about tobacco use?

	Yr.	%		Mean	SD	N
		0 No	1 Yes			
Overall	1986	.	.			
	1987	95	5	.05	.21	2143
	1988	94	6	.06	.23	3060
Sex						
Male	1986	.	.			
	1987	96	4	.04	.21	1872
	1988	94	6	.06	.23	2668
Female	1986	.	.			
	1987	94	6	.06	.23	262
	1988	95	5	.05	.23	387
Rank						
Officer	1986	.	.			
	1987	94	6	.06	.24	311
	1988	95	5	.05	.22	491
Enlisted	1986	.	.			
	1987	96	4	.04	.21	1821
	1988	94	6	.06	.23	2548
Age						
< 20 yrs.	1986	.	.			
	1987	92	8	.08	.28	66
	1988	95	5	.05	.21	128
20-24	1986	.	.			
	1987	98	2	.02	.15	471
	1988	94	6	.06	.23	702
25-29	1986	.	.			
	1987	96	4	.04	.21	541
	1988	94	6	.06	.24	797
30-34	1986	.	.			
	1987	94	6	.06	.23	433
	1988	94	6	.06	.25	597
35+	1986	.	.			
	1987	94	6	.06	.24	575
	1988	95	5	.05	.21	796
Time in Service						
< 3 yrs.	1986	.	.			
	1987	95	5	.05	.21	193
	1988	93	7	.07	.26	442
3-10	1986	.	.			
	1987	96	4	.04	.19	987
	1988	95	5	.05	.23	1250
11-20	1986	.	.			
	1987	94	6	.06	.24	690
	1988	94	6	.06	.23	934
> 20	1986	.	.			
	1987	96	4	.04	.20	151
	1988	94	6	.06	.23	218
Community						
Land	1986	.	.			
	1987	94	6	.06	.24	1222
	1988	94	6	.06	.24	1597
Surface	1986	.	.			
	1987	98	2	.02	.15	499
	1988	97	3	.03	.18	718
Sub	1986	.	.			
	1987	91	9	.09	.28	123
	1988	95	5	.05	.22	108
Air	1986	.	.			
	1987	98	2	.02	.12	146
	1988	97	3	.03	.18	120

SUBSTANCE CONSUMPTION

22. During the past 6 months have you seen information about risks of tobacco use in...? (Mark all that apply)

		% Yes*						N
Yr.		Magazine	TV	Radio	AFN Radio or TV	Brochure	Other	
Overall	1986	--	--	--	--	--	--	--
	1987	66	70	29	15	39	9	2,160
	1988	66	73	29	14	39	9	3,084
<u>Sex</u>								
Male	1986	--	--	--	--	--	--	--
	1987	66	70	29	15	38	9	1,923
	1988	66	73	29	14	39	9	2,744
Female	1986	--	--	--	--	--	--	--
	1987	67	68	29	9	44	8	228
	1988	66	72	25	12	42	8	335
<u>Rank</u>								
Officer	1986	--	--	--	--	--	--	--
	1987	78	77	33	19	45	7	224
	1988	79	83	36	14	43	11	316
Enlisted	1986	--	--	--	--	--	--	--
	1987	64	69	28	14	38	9	1,926
	1988	64	72	28	14	39	9	2,747
<u>Age</u>								
< 20 yrs.	1986	--	--	--	--	--	--	--
	1987	56	61	25	5	28	10	89
	1988	71	65	30	8	45	12	183
20-24	1986	--	--	--	--	--	--	--
	1987	65	66	29	12	38	11	562
	1988	65	68	26	14	40	8	867
25-29	1986	--	--	--	--	--	--	--
	1987	65	69	28	17	38	10	555
	1988	67	74	28	14	39	8	792
30-34	1986	--	--	--	--	--	--	--
	1987	67	74	28	17	37	9	401
	1988	63	77	29	18	34	13	546
35+	1986	--	--	--	--	--	--	--
	1987	68	74	31	15	43	7	494
	1988	67	78	33	13	42	9	657
<u>Time in Service</u>								
< 3 yrs.	1986	--	--	--	--	--	--	--
	1987	60	62	27	8	35	14	224
	1988	65	67	27	13	42	10	556
3-10	1986	--	--	--	--	--	--	--
	1987	68	70	29	15	38	9	1,025
	1988	66	72	28	15	40	8	1,240
11-20	1986	--	--	--	--	--	--	--
	1987	65	71	28	17	38	8	648
	1988	66	79	31	14	37	10	856
> 20	1986	--	--	--	--	--	--	--
	1987	73	79	34	13	57	8	134
	1988	64	83	34	19	44	11	183
<u>Community</u>								
Land	1986	--	--	--	--	--	--	--
	1987	66	73	31	14	40	8	1,211
	1988	65	74	30	12	41	9	1,525
Surface	1986	--	--	--	--	--	--	--
	1987	67	63	25	16	36	10	543
	1988	67	71	27	17	38	10	844
Sub	1986	--	--	--	--	--	--	--
	1987	66	77	24	8	35	13	120
	1988	71	77	27	7	35	9	103
Air	1986	--	--	--	--	--	--	--
	1987	71	74	33	20	39	12	143
	1988	67	77	30	20	36	12	107

* Percentages will not total 100% since respondents could mark multiple information sources.

SUBSTANCE CONSUMPTION

23. Would an increase in the price of tobacco products make you change your use of tobacco?

	Yr.	t			Mean	SD	N
		0 Would make no difference	1 Would reduce the amount used	2 Would cause me to quit			
<u>Overall</u>	1986
	1987	68	25	7	.39	.61	1170
	1988	65	26	9	.44	.65	1647
<u>Sex</u>							
Male	1986
	1987	68	25	7	.40	.62	1052
	1988	65	26	9	.44	.66	1482
Female	1986
	1987	75	20	6	.31	.57	114
	1988	64	32	5	.41	.59	161
<u>Rank</u>							
Officer	1986
	1987	84	13	4	.20	.49	105
	1988	82	13	5	.23	.53	163
Enlisted	1986
	1987	67	26	7	.40	.62	1057
	1988	64	27	9	.46	.66	1476
<u>Age</u>							
< 20 yrs.	1986
	1987	59	35	6	.47	.61	35
	1988	53	39	8	.55	.64	72
20-24	1986
	1987	57	33	10	.54	.68	248
	1988	60	31	9	.49	.66	373
25-29	1986
	1987	70	24	6	.36	.59	299
	1988	67	25	8	.41	.64	431
30-34	1986
	1987	73	21	5	.32	.57	260
	1988	68	23	9	.41	.65	312
35+	1986
	1987	76	18	6	.30	.58	294
	1988	70	20	10	.40	.66	437
<u>Time in Service</u>							
< 3 yrs.	1986
	1987	51	42	6	.55	.61	98
	1988	56	36	8	.52	.64	245
3-10	1986
	1987	68	25	7	.40	.62	523
	1988	65	26	9	.44	.65	644
11-20	1986
	1987	72	22	5	.33	.57	386
	1988	69	20	11	.41	.68	512
> 20	1986
	1987	78	14	8	.30	.62	86
	1988	70	23	7	.37	.62	135
<u>Community</u>							
Land	1986
	1987	69	24	7	.37	.60	647
	1988	67	25	8	.41	.64	809
Surface	1986
	1987	64	29	7	.43	.63	317
	1988	59	32	9	.49	.65	439
Sub	1986
	1987	69	23	8	.39	.64	59
	1988	71	22	7	.37	.62	55
Air	1986
	1987	72	19	9	.37	.65	70
	1988	68	21	11	.43	.69	62

SUBSTANCE CONSUMPTION

24. Where do (did) you most often purchase your tobacco products?

	Yr.	%					N
		1 Exchange, shoppette, etc.	2 Commissary	3 Ship stores	4 Off-base stores	5 Multiple responses	
Overall	1986	
	1987	38	6	14	31	11	1303
	1988	39	5	16	31	9	1870
Sex							
Male	1986	
	1987	38	6	15	31	10	1172
	1988	39	5	16	30	10	1676
Female	1986	
	1987	44	6	8	32	10	128
	1988	44	6	10	31	9	190
Rank							
Officer	1986	
	1987	39	7	7	38	9	140
	1988	46	7	7	32	8	210
Enlisted	1986	
	1987	38	6	14	30	12	1156
	1988	39	5	16	30	10	1652
Age							
< 20 yrs.	1986	
	1987	33	1	.	60	6	37
	1988	41	5	26	22	6	70
20-24	1986	
	1987	28	4	22	37	9	267
	1988	33	4	21	36	6	398
25-29	1986	
	1987	37	4	15	35	9	316
	1988	40	3	15	34	8	489
30-34	1986	
	1987	38	10	14	26	12	283
	1988	39	7	12	33	9	366
35+	1986	
	1987	50	8	7	22	13	367
	1988	44	10	10	21	15	524
Time in Service							
< 3 yrs.	1986	
	1987	24	3	13	51	9	105
	1988	37	5	25	30	3	254
3-10	1986	
	1987	33	5	16	36	10	566
	1988	38	4	15	35	8	727
11-20	1986	
	1987	45	8	12	22	13	444
	1988	42	7	11	28	12	609
> 20	1986	
	1987	55	13	6	13	13	109
	1988	45	12	12	19	12	161
Community							
Land	1986	
	1987	47	8	5	31	9	735
	1988	48	6	5	32	9	947
Surface	1986	
	1987	17	3	38	29	13	339
	1988	20	3	39	29	9	474
Sub	1986	
	1987	41	7	.	48	4	62
	1988	34	16	2	41	7	59
Air	1986	
	1987	49	5	8	32	6	79
	1988	51	3	3	29	14	68

HEALTH ATTITUDES AND BEHAVIORS

HEALTH ATTITUDES AND BEHAVIORS

- o Navy personnel reported that most of the health behaviors were "sometimes" to "mostly" typical of their own behavior (i.e., between 3 and 4 on a 5-point scale).
- o In general, women, officers, and older individuals were more likely than their counterparts to engage in positive health behaviors.
- o Women, officers, and older individuals were more likely to see a doctor for regular checkups, watch for signs of major health problems, see a dentist for regular checkups, use seat belts, discuss health, and gather information on things that affect health.
- o Officers and women were more likely to report that they watched their weight and exercised to stay healthy; officers and older personnel were more likely to report that they ate a balanced diet, got enough sleep, and limited their intake of foods like coffee, sugar, fats, etc.; women and older personnel were more likely to report that they took vitamins and avoided alcohol.
- o Enlisted personnel and individuals who had been in the Navy less than three years were more likely to smoke or use smokeless tobacco.
- o Differences among the air, surface, submarine, and shore communities were small, but generally speaking, surface ship personnel were the least likely to eat a balanced diet, get enough sleep, see a doctor or a dentist for a checkup, exercise, watch their weight, or wear a seat belt.
- o Among the T1-T2-T3 Cohort, there were several relatively small but statistically significant time effects indicating improved health behaviors from 1986 to 1988. Trends over this time frame indicated that people were increasingly more likely to:
 - * See a doctor for regular check-ups.
 - * Watch their weight.
 - * Smoke less or use less smokeless tobacco.

- * Limit intake of foods like coffee, sugar, fats, etc.
- * Avoid alcohol.
- * Wear a seat belt.
- * Discuss health with friends, neighbors, and relatives.

HEALTH ATTITUDES AND BEHAVIORS

1. I eat a balanced diet.

		4					Mean	SD	N
Yr.		1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
<u>Overall</u>									
1986		7	11	42	30	10	3.23	1.02	3030
1987		6	9	42	33	10	3.33	.98	2157
1988		7	11	40	33	9	3.26	1.02	3077
<u>Sex</u>									
Male	1986	7	11	41	31	9	3.23	1.02	2698
	1987	6	9	42	34	10	3.34	.97	1885
	1988	7	11	40	33	10	3.29	1.01	2682
Female	1986	7	10	44	27	12	3.28	1.03	332
	1987	9	9	41	31	10	3.25	1.05	263
	1988	12	13	40	28	7	3.05	1.09	390
<u>Rank</u>									
Officer	1986	2	5	26	44	24	3.83	.91	349
	1987	2	3	29	44	22	3.82	.87	313
	1988	2	5	24	46	23	3.82	.92	491
Enlisted	1986	8	12	43	29	8	3.16	1.01	2679
	1987	6	10	43	32	9	3.27	.97	1833
	1988	8	12	42	31	8	3.19	1.01	2567
<u>Age</u>									
< 20 yrs.	1986	6	8	45	33	8	3.29	.95	122
	1987	8	8	44	31	9	3.27	1.01	66
	1988	14	17	39	22	8	2.94	1.13	127
20-24	1986	10	13	46	25	6	3.04	1.01	1022
	1987	7	12	48	28	5	3.14	.93	47
	1988	10	13	43	28	6	3.09	1.02	700
25-29	1986	8	11	40	31	10	3.25	1.03	768
	1987	7	7	43	31	12	3.34	1.02	547
	1988	6	9	45	32	8	3.27	.95	811
30-34	1986	6	11	38	34	11	3.34	1.02	501
	1987	6	9	38	37	11	3.38	.98	433
	1988	8	10	33	39	11	3.35	1.06	600
35+	1986	4	8	37	36	14	3.48	.97	611
	1987	3	9	37	38	14	3.50	.94	580
	1988	4	10	35	37	15	3.49	.98	799
<u>Time in Service</u>									
< 3 yrs.	1986	10	10	47	26	7	3.11	1.01	612
	1987	9	12	48	22	9	3.09	1.02	193
	1988	10	14	39	29	7	3.10	1.06	442
3-10	1986	7	12	42	29	9	3.21	1.01	1291
	1987	7	9	43	33	9	3.27	.98	994
	1988	6	10	44	32	8	3.25	.97	1263
11-20	1986	5	13	37	36	9	3.31	.98	665
	1987	4	9	41	36	10	3.40	.92	696
	1988	6	11	36	36	11	3.34	1.01	940
> 20	1986	4	5	40	35	16	3.55	.96	148
	1987	2	7	27	46	19	3.72	.91	150
	1988	2	9	34	34	21	3.63	.98	219
<u>Community</u>									
Land	1986	6	10	39	33	11	3.33	1.01	1698
	1987	7	8	39	35	11	3.35	1.02	1231
	1988	8	10	39	33	10	3.28	1.04	1607
Surface	1986	9	12	45	26	7	3.10	1.01	1058
	1987	5	10	49	26	10	3.25	.95	504
	1988	8	11	43	30	8	3.19	1.01	721
Sub	1986	9	11	46	29	6	3.12	.98	132
	1987	3	11	40	39	8	.37	.89	123
	1988	7	19	40	27	7	3.07	1.01	108
Air	1986	7	15	35	30	13	3.29	1.09	142
	1987	2	11	41	40	7	3.39	.84	145
	1988	5	5	43	38	9	3.40	.92	121

HEALTH ATTITUDES AND BEHAVIORS

2. I get enough sleep.

	Yr.	1					Mean	SD	N
		1	2	3	4	5			
		Not at all like me	Mostly not like me	Sometimes like me other times not like me	Mostly like me	Very much like me			
Overall	1986	6	13	27	37	17	3.45	1.10	3028
	1987	5	12	27	39	17	3.50	1.06	2151
	1988	6	13	30	37	14	3.41	1.06	3072
<u>Sex</u>									
Male	1986	6	13	28	37	16	3.45	1.09	2698
	1987	5	13	27	40	16	3.49	1.06	1881
	1988	5	13	30	38	14	3.42	1.05	2677
Female	1986	6	12	26	35	20	3.51	1.14	330
	1987	5	9	29	37	19	3.55	1.07	261
	1988	6	16	31	32	14	3.33	1.10	390
<u>Rank</u>									
Officer	1986	0	8	19	47	25	3.88	.89	349
	1987	0	7	22	48	23	3.86	.86	311
	1988	1	7	21	47	24	3.85	.89	491
Enlisted	1986	7	14	28	36	16	3.40	1.11	2677
	1987	6	13	27	38	16	3.46	1.08	1829
	1988	6	14	31	36	13	3.35	1.06	2561
<u>Age</u>									
< 20 yrs.	1986	10	15	35	26	14	3.19	1.16	121
	1987	25	15	40	17	3	2.58	1.13	65
	1988	10	22	33	24	10	3.02	1.14	127
20-24	1986	9	17	31	31	12	3.20	1.13	1021
	1987	6	17	32	35	10	3.26	1.04	475
	1988	9	13	36	33	9	3.21	1.06	699
25-29	1986	5	11	25	43	16	3.54	1.05	767
	1987	6	13	24	40	17	3.49	1.09	547
	1988	5	15	27	39	15	3.43	1.07	807
30-34	1986	4	10	25	41	19	3.61	1.04	501
	1987	2	9	25	43	20	3.70	.97	433
	1988	4	13	29	39	16	3.50	1.03	601
35+	1986	2	11	23	40	25	3.75	1.00	612
	1987	2	9	22	43	24	3.78	.98	574
	1988	2	9	26	44	18	3.67	.95	799
<u>Time in Service</u>									
< 3 yrs.	1986	10	19	33	28	10	3.10	1.12	613
	1987	14	15	37	24	9	2.99	1.16	192
	1988	8	19	34	28	11	3.13	1.11	441
3-10	1986	6	11	26	40	17	3.49	1.09	1290
	1987	5	14	29	40	13	3.43	1.03	995
	1988	6	13	30	39	12	3.39	1.04	1259
11-20	1986	2	12	26	40	18	3.60	1.00	666
	1987	2	9	23	44	22	3.74	.97	691
	1988	3	12	28	39	17	3.56	1.00	939
> 20	1986	3	6	21	39	32	3.92	1.00	148
	1987	3	8	18	44	27	3.84	1.02	149
	1988	2	8	19	50	20	3.78	.93	220
<u>Community</u>									
Land	1986	4	10	25	40	21	3.65	1.04	1698
	1987	4	11	24	39	21	3.61	1.07	1225
	1988	5	11	28	40	15	3.50	1.03	1607
Surface	1986	9	18	32	31	10	3.16	1.11	1056
	1987	7	17	30	36	10	3.25	1.08	504
	1988	10	18	32	29	11	3.14	1.14	721
Sub	1986	12	13	25	41	9	3.23	1.15	132
	1987	5	9	33	45	7	3.40	.95	123
	1988	2	21	33	37	6	3.26	.92	108
Air	1986	3	13	21	44	19	3.62	1.03	142
	1987	5	9	29	40	17	3.54	1.04	145
	1988	4	11	33	43	10	3.44	.94	120

HEALTH ATTITUDES AND BEHAVIORS

4. I choose my spare time activities to help me relax.

		%					Mean	SD	N
	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
Overall									
	1986	6	9	24	32	29	3.69	1.16	3022
	1987	5	9	26	37	23	3.64	1.08	2131
	1988	5	9	27	36	23	3.63	1.09	3045
Sex									
Male									
	1986	6	9	24	32	29	3.68	1.16	2691
	1987	5	10	25	38	23	3.65	1.08	1861
	1988	5	9	27	37	23	3.63	1.08	2655
Female									
	1986	7	7	24	34	29	3.72	1.15	331
	1987	6	7	32	36	19	3.55	1.07	261
	1988	6	11	26	30	27	3.59	1.17	385
Rank									
Officer									
	1986	3	10	24	39	25	3.73	1.03	347
	1987	2	11	28	36	23	3.67	1.00	312
	1988	2	10	30	36	23	3.69	.98	489
Enlisted									
	1986	7	8	24	32	29	3.68	1.17	2673
	1987	5	9	26	37	23	3.63	1.09	1808
	1988	6	9	26	36	23	3.62	1.11	2538
Age									
< 20 yrs.									
	1986	10	15	21	29	25	3.44	1.28	121
	1987	14	11	26	27	22	3.31	1.32	65
	1988	3	7	34	33	23	3.67	.99	126
20-24									
	1986	7	8	24	31	30	3.69	1.17	1018
	1987	5	10	28	37	20	3.56	1.08	473
	1988	7	11	25	34	24	3.57	1.15	692
25-29									
	1986	5	6	26	32	28	3.69	1.12	767
	1987	4	9	27	35	25	3.66	1.08	537
	1988	6	9	27	36	21	3.58	1.09	798
30-34									
	1986	8	7	21	34	31	3.73	1.19	501
	1987	4	9	27	37	23	3.67	1.05	427
	1988	7	7	28	37	22	3.59	1.11	596
35+									
	1986	6	9	23	35	28	3.70	1.13	609
	1987	4	9	21	42	24	3.75	1.03	574
	1988	3	9	24	39	26	3.76	1.01	794
Time in Service									
< 3 yrs.									
	1986	6	8	23	34	29	3.72	1.15	611
	1987	9	10	28	31	21	3.45	1.20	192
	1988	6	9	27	33	24	3.60	1.14	437
3-10									
	1986	6	9	26	31	28	3.66	1.15	1287
	1987	4	9	27	38	22	3.64	1.05	980
	1988	6	10	27	35	22	3.57	1.11	1246
11-20									
	1986	6	8	23	35	27	3.70	1.13	667
	1987	4	10	23	40	23	3.68	1.05	689
	1988	4	7	27	39	22	3.67	1.04	933
> 20									
	1986	8	9	16	35	33	3.76	1.22	147
	1987	3	8	22	39	28	3.79	1.05	148
	1988	5	10	20	33	33	3.79	1.14	218
Community									
Land									
	1986	6	9	23	33	28	3.68	1.16	1696
	1987	5	9	26	38	23	3.64	1.08	1216
	1988	5	9	26	36	24	3.65	1.08	1590
Surface									
	1986	7	8	23	31	30	3.69	1.18	1051
	1987	5	10	23	36	24	3.66	1.10	497
	1988	7	8	27	33	26	3.62	1.14	717
Sub									
	1986	4	3	28	38	28	3.83	1.00	133
	1987	5	12	31	33	20	3.49	1.10	123
	1988	6	14	28	30	22	3.47	1.17	107
Air									
	1986	4	8	31	30	26	3.66	1.09	142
	1987	4	5	35	29	26	3.66	1.05	144
	1988	5	12	24	42	18	3.57	1.06	120

HEALTH ATTITUDES AND BEHAVIORS

8. I see a doctor for regular checkups.

	Yr.	%					Mean	SD	N
		1 Not at all like me	2 Mostly not like me	3 Sometimes like me other times not like me	4 Mostly like me	5 Very much like me			
Overall	1986	20	18	23	20	19	3.01	1.39	3015
	1987	16	19	22	24	20	3.12	1.35	2136
	1988	17	17	25	22	19	3.09	1.34	3024
Sex									
Male	1986	20	19	23	19	18	2.96	1.39	2688
	1987	16	20	22	23	18	3.08	1.35	1906
	1988	17	18	26	22	18	3.07	1.33	2694
Female	1986	14	12	21	25	29	3.42	1.37	328
	1987	13	11	18	28	30	3.49	1.37	222
	1988	14	13	23	24	25	3.33	1.36	325
Rank									
Officer	1986	5	12	19	27	37	3.79	1.20	329
	1987	5	12	12	31	40	3.90	1.20	221
	1988	4	10	15	30	41	3.94	1.15	314
Enlisted	1986	21	19	24	19	17	2.92	1.39	2685
	1987	17	20	23	23	17	3.03	1.34	1905
	1988	18	18	26	22	16	3.00	1.32	2690
Age									
< 20 yrs.	1986	29	18	24	17	12	2.64	1.36	140
	1987	33	23	21	18	5	2.38	1.25	86
	1988	26	18	30	17	9	2.65	1.27	177
20-24	1986	23	19	25	18	16	2.86	1.38	1076
	1987	18	19	26	21	17	3.00	1.33	556
	1988	20	21	29	20	11	2.97	1.26	853
25-29	1986	19	20	21	21	19	3.00	1.39	760
	1987	19	17	22	22	20	3.06	1.40	547
	1988	17	18	25	23	17	3.05	1.33	781
30-34	1986	18	15	25	22	19	3.10	1.36	468
	1987	13	25	20	24	18	3.10	1.32	398
	1988	18	17	23	23	19	3.09	1.37	530
35+	1986	14	16	21	21	29	3.36	1.40	565
	1987	10	16	20	28	26	3.46	1.30	491
	1988	8	11	21	27	33	3.66	1.26	644
Time in Service									
< 3 yrs.	1986	25	18	24	19	14	2.80	1.37	633
	1987	23	22	25	21	9	2.71	1.27	221
	1988	22	20	30	19	9	2.75	1.25	549
3-10	1986	19	19	24	20	18	2.99	1.36	1301
	1987	17	19	23	22	19	3.08	1.36	1016
	1988	17	18	26	24	16	3.03	1.31	1222
11-20	1986	18	16	23	20	22	3.12	1.41	635
	1987	13	21	20	26	19	3.17	1.32	639
	1988	14	16	23	23	24	3.27	1.35	838
> 20	1986	13	13	18	20	36	3.53	1.42	138
	1987	7	9	13	30	42	3.90	1.24	133
	1988	6	7	20	23	44	3.93	1.20	181
Community									
Land	1986	18	17	22	21	22	3.12	1.40	1667
	1987	16	19	21	23	21	3.14	1.37	1194
	1988	17	17	24	22	20	3.12	1.37	1500
Surface	1986	24	18	25	18	15	2.82	1.36	1076
	1987	19	21	25	25	13	2.90	1.32	537
	1988	20	18	30	20	12	2.85	1.28	822
Sub	1986	12	22	23	23	21	3.19	1.32	131
	1987	9	16	21	27	26	3.45	1.29	120
	1988	11	16	26	29	18	3.27	1.24	103
Air	1986	20	20	20	17	24	3.06	1.45	142
	1987	13	16	22	25	25	3.32	1.35	143
	1988	6	17	20	30	28	3.56	1.23	105

HEALTH ATTITUDES AND BEHAVIORS

11. I watch my weight.

		1							
	Yr.	1	2	3	4	5	Mean	SD	N
		Not at all like me	Mostly not like me	Sometimes like me--other times not like me	Mostly like me	Very Much like me			
Overall	1986	12	11	31	28	19	3.31	1.24	3028
	1987	10	9	33	28	21	3.42	1.19	2138
	1988	9	9	32	30	19	3.41	1.17	3051
Sex									
Male	1986	12	11	30	28	18	3.28	1.24	2697
	1987	10	9	32	28	20	3.38	1.21	1870
	1988	10	10	32	31	18	3.37	1.17	2658
Female	1986	7	8	33	26	26	3.55	1.17	331
	1987	3	5	34	29	29	3.76	1.03	259
	1988	7	4	32	28	29	3.70	1.13	388
Rank									
Officer	1986	3	8	26	39	24	3.74	1.01	349
	1987	2	6	28	38	26	3.80	.96	308
	1988	3	8	19	44	27	3.85	.99	490
Enlisted	1986	13	11	31	26	18	3.26	1.25	2677
	1987	11	9	33	27	20	3.37	1.21	1819
	1988	10	10	34	29	18	3.35	1.18	2541
Age									
< 20 yrs.	1986	21	13	27	24	15	2.98	1.35	122
	1987	11	17	18	27	26	3.41	1.34	66
	1988	15	8	30	30	17	3.27	1.26	126
20-24	1986	13	11	31	25	20	3.29	1.27	1019
	1987	13	9	31	25	22	3.34	1.27	471
	1988	13	9	33	25	20	3.29	1.25	695
25-29	1986	11	12	30	29	19	3.32	1.23	769
	1987	9	10	34	26	21	3.41	1.18	542
	1988	8	12	32	31	18	3.39	1.14	800
30-34	1986	13	10	30	28	20	3.32	1.25	501
	1987	11	8	35	30	16	3.32	1.17	428
	1988	9	6	34	33	16	3.38	1.13	595
35+	1986	7	10	32	32	18	3.44	1.11	611
	1987	5	7	32	32	23	3.60	1.09	574
	1988	5	9	30	34	22	3.60	1.08	796
Time in Service									
< 3 yrs.	1986	16	10	30	25	18	3.19	1.30	613
	1987	12	10	29	25	24	3.40	1.28	192
	1988	11	10	31	26	21	3.35	1.24	440
3-10	1986	11	11	32	27	20	3.34	1.22	1289
	1987	11	9	33	27	20	3.36	1.21	986
	1988	10	10	34	30	17	3.35	1.16	1248
11-20	1986	10	13	32	29	16	3.29	1.17	667
	1987	8	8	36	28	20	3.45	1.14	690
	1988	8	10	32	32	17	3.41	1.13	935
> 20	1986	10	9	29	30	22	3.46	1.21	148
	1987	3	5	22	36	34	3.91	1.03	146
	1988	4	7	24	37	29	3.79	1.06	218
Community									
Land	1986	11	9	31	28	21	3.38	1.22	1701
	1987	10	8	32	28	23	3.46	1.21	1221
	1988	9	8	32	32	20	3.45	1.15	1596
Surface	1986	13	13	30	26	18	3.24	1.25	1053
	1987	11	9	34	27	19	3.35	1.21	500
	1988	12	11	33	25	20	3.30	1.23	715
Sub	1986	12	11	38	28	12	3.18	1.14	133
	1987	7	13	35	31	14	3.33	1.09	122
	1988	12	14	31	30	13	3.18	1.19	107
Air	1986	15	13	29	25	18	3.20	1.29	141
	1987	8	12	30	26	23	3.44	1.20	142
	1988	8	11	33	31	16	3.37	1.13	119

HEALTH ATTITUDES AND BEHAVIORS

13. I watch for possible signs of major health problems (e.g. cancer, hypertension, heart disease).

		%					Mean	SD	N
	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
Overall	1986	7	11	24	31	26	3.58	1.20	3024
	1987	7	12	23	31	27	3.61	1.19	2151
	1988	7	12	25	32	24	3.53	1.19	3073
Sex									
Male	1986	8	12	24	30	26	3.54	1.22	2693
	1987	7	12	23	31	26	3.57	1.20	1882
	1988	7	12	25	33	23	3.51	1.18	2679
Female	1986	3	8	19	38	32	3.88	1.05	331
	1987	3	9	19	34	35	3.89	1.09	260
	1988	8	9	22	32	30	3.67	1.21	389
Rank									
Officer	1986	3	10	18	40	30	3.84	1.04	348
	1987	1	8	21	46	24	3.84	.93	312
	1988	3	6	18	44	29	3.91	.98	492
Enlisted	1986	8	12	24	30	26	3.54	1.22	2674
	1987	7	13	23	30	28	3.58	1.22	1828
	1988	8	13	25	31	23	3.48	1.20	2561
Age									
< 20 yrs.	1986	12	14	25	24	25	3.35	1.32	122
	1987	10	16	25	22	28	3.43	1.31	66
	1988	12	14	27	26	21	3.29	1.28	126
20-24	1986	11	15	23	26	25	3.41	1.30	1020
	1987	10	16	21	27	25	3.42	1.29	473
	1988	10	15	26	28	22	3.37	1.24	702
25-29	1986	7	11	24	33	25	3.57	1.18	769
	1987	8	14	22	28	28	3.55	1.24	543
	1988	7	14	25	33	21	3.46	1.17	806
30-34	1986	6	9	25	33	28	3.67	1.14	500
	1987	5	11	26	35	24	3.62	1.10	432
	1988	9	9	23	35	25	3.58	1.20	601
35+	1986	2	6	23	38	30	3.88	.99	607
	1987	3	6	21	36	33	3.88	1.05	580
	1988	3	7	22	39	29	3.83	1.03	798
Time in Service									
< 3 yrs.	1986	9	14	23	26	28	3.51	1.28	612
	1987	13	15	21	27	25	3.36	1.34	191
	1988	9	13	29	26	23	3.40	1.23	442
3-10	1986	7	14	24	30	25	3.51	1.21	1291
	1987	7	15	23	29	26	3.53	1.22	991
	1988	8	14	25	33	20	3.45	1.18	1258
11-20	1986	5	8	24	36	26	3.70	1.10	663
	1987	5	8	24	35	27	3.70	1.11	695
	1988	7	10	24	33	26	3.63	1.16	940
> 20	1986	2	7	23	33	36	3.95	1.00	147
	1987	2	6	17	34	42	4.08	.99	151
	1988	3	7	14	40	36	3.99	1.03	219
Community									
Land	1986	7	11	21	33	28	3.66	1.18	1698
	1987	6	11	22	32	29	3.67	1.17	1224
	1988	7	11	24	32	26	3.58	1.18	1603
Surface	1986	10	12	25	28	25	3.46	1.25	1054
	1987	9	14	24	29	24	3.46	1.25	505
	1988	10	14	23	31	23	3.44	1.25	724
Sub	1986	5	14	29	38	14	3.41	1.06	131
	1987	5	16	25	31	23	3.51	1.16	123
	1988	12	14	25	35	13	3.22	1.21	108
Air	1986	5	13	29	26	26	3.56	1.15	141
	1987	6	11	21	33	29	3.69	1.18	145
	1988	5	10	26	32	27	3.68	1.11	120

HEALTH ATTITUDES AND BEHAVIORS

14. I exercise to stay healthy.

	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me	Mean	SD	N
Overall									
	1986	8	14	28	26	23	3.42	1.22	3020
	1987	8	12	31	27	23	3.45	1.19	2130
	1988	7	13	30	28	22	3.46	1.16	3056
Sex									
Male									
	1986	8	14	28	26	24	3.42	1.23	2689
	1987	8	11	31	27	23	3.46	1.18	1865
	1988	6	13	29	29	23	3.48	1.16	2663
Female									
	1986	6	14	32	27	21	3.43	1.15	331
	1987	9	14	32	24	22	3.36	1.22	257
	1988	9	12	37	23	20	3.33	1.18	389
Rank									
Officer									
	1986	4	10	24	30	32	3.78	1.10	345
	1987	1	7	28	30	33	3.87	1.01	310
	1988	3	8	18	37	35	3.93	1.04	490
Enlisted									
	1986	9	15	29	25	22	3.38	1.23	2673
	1987	9	12	32	26	22	3.40	1.20	1809
	1988	7	14	31	27	21	3.40	1.17	2547
Age									
< 20 yrs.									
	1986	9	12	25	24	29	3.54	1.27	122
	1987	3	5	30	33	29	3.78	1.03	64
	1988	6	9	35	26	25	3.56	1.12	124
20-24									
	1986	7	13	30	25	25	3.47	1.20	1018
	1987	8	12	35	25	20	3.36	1.17	466
	1988	5	15	31	26	22	3.45	1.15	696
25-29									
	1986	8	16	25	27	23	3.41	1.24	768
	1987	9	11	28	27	25	3.49	1.22	541
	1988	6	13	28	31	22	3.48	1.15	806
30-34									
	1986	9	15	28	26	22	3.36	1.23	498
	1987	8	11	33	27	22	3.42	1.18	430
	1988	11	11	27	29	22	3.39	1.25	595
35+									
	1986	9	14	29	26	22	3.37	1.22	608
	1987	7	14	29	26	24	3.46	1.20	572
	1988	6	13	31	28	22	3.49	1.14	796
Time in Service									
< 3 yrs.									
	1986	7	11	31	25	26	3.52	1.19	612
	1987	7	12	31	30	20	3.42	1.15	190
	1988	6	13	30	28	23	3.48	1.16	437
3-10									
	1986	8	14	26	28	24	3.46	1.22	1288
	1987	8	11	30	27	23	3.47	1.19	981
	1988	6	14	30	29	22	3.47	1.14	1253
11-20									
	1986	9	17	32	25	17	3.24	1.18	663
	1987	9	13	32	24	22	3.38	1.22	692
	1988	8	12	30	28	21	3.41	1.19	936
> 20									
	1986	12	14	29	23	22	3.30	1.29	146
	1987	3	13	29	25	30	3.66	1.12	146
	1988	10	12	24	28	25	3.47	1.27	218
Community									
Land									
	1986	7	13	26	28	26	3.52	1.21	1696
	1987	7	12	29	27	25	3.50	1.19	1214
	1988	6	11	30	29	24	3.54	1.15	1600
Surface									
	1986	10	17	30	23	20	3.27	1.24	1053
	1987	10	13	36	22	19	3.28	1.19	499
	1988	9	15	32	25	20	3.32	1.20	714
Sub									
	1986	7	20	30	23	19	3.27	1.19	130
	1987	7	9	40	27	16	3.35	1.08	120
	1988	4	23	33	28	12	3.21	1.06	108
Air									
	1986	6	10	35	24	25	3.50	1.16	141
	1987	7	16	26	23	28	3.50	1.24	145
	1988	9	12	21	35	23	3.49	1.24	119

HEALTH ATTITUDES AND BEHAVIORS

17. I smoke or use smokeless tobacco. [Note. Because wording was reversed on the 1986 survey ("I don't smoke"), scores for 1986 were reversed before constructing this table.]

	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me	Mean	SD	N
Overall									
	1986	44	5	4	3	45	3.00	1.90	3023
	1987	51	4	4	10	31	2.65	1.81	2123
	1988	53	4	5	9	29	2.56	1.79	3038
Sex									
Male									
	1986	43	5	4	3	45	3.03	1.90	2692
	1987	50	4	4	10	31	2.68	1.81	1856
	1988	52	4	5	10	29	2.60	1.79	2648
Female									
	1986	54	3	1	1	41	2.74	1.95	331
	1987	60	4	3	5	28	2.37	1.79	258
	1988	63	5	2	5	25	2.25	1.75	386
Rank									
Officer									
	1986	74	6	2	2	16	1.78	1.49	348
	1987	78	4	4	4	11	1.65	1.34	302
	1988	79	3	3	5	9	1.61	1.30	488
Enlisted									
	1986	42	5	4	3	47	3.08	1.90	2673
	1987	48	4	4	11	33	2.76	1.83	1804
	1988	49	5	5	10	31	2.69	1.81	2532
Age									
< 20 yrs.									
	1986	36	2	10	3	49	3.26	1.85	121
	1987	51	3	4	7	35	2.72	1.87	63
	1988	44	6	7	10	34	2.83	1.80	123
20-24									
	1986	45	4	5	3	43	2.96	1.90	1016
	1987	48	4	6	13	30	2.72	1.79	467
	1988	49	6	6	10	29	2.65	1.78	694
25-29									
	1986	43	5	2	3	48	3.08	1.92	768
	1987	52	4	4	7	33	2.66	1.84	538
	1988	54	4	5	9	28	2.54	1.79	797
30-34									
	1986	43	4	3	2	48	3.07	1.92	501
	1987	49	3	6	10	32	2.73	1.82	425
	1988	58	4	4	8	27	2.42	1.78	596
35+									
	1986	46	7	4	3	40	2.83	1.87	611
	1987	57	4	2	0	28	2.47	1.81	573
	1988	55	3	3	10	29	2.53	1.81	790
Time in Service									
< 3 yrs.									
	1986	39	4	6	3	47	3.15	1.87	609
	1987	50	5	4	14	27	2.63	1.77	187
	1988	43	7	7	10	34	2.85	1.79	437
3-10									
	1986	48	4	4	3	42	2.88	1.91	1287
	1987	51	4	5	9	30	2.65	1.81	981
	1988	54	5	5	9	27	2.50	1.77	1244
11-20									
	1986	41	5	3	2	49	3.14	1.91	667
	1987	52	4	3	9	32	2.65	1.84	687
	1988	56	3	4	8	29	2.51	1.81	933
> 20									
	1986	43	8	2	1	47	3.01	1.92	148
	1987	58	1	2	9	31	2.55	1.86	148
	1988	53	5	1	9	31	2.60	1.84	216
Community									
Land									
	1986	47	5	4	3	42	2.88	1.90	1700
	1987	54	4	3	10	28	2.56	1.80	1207
	1988	56	4	4	8	29	2.50	1.80	1588
Surface									
	1986	39	4	4	3	50	3.23	1.89	1050
	1987	44	2	5	10	39	2.97	1.86	498
	1988	46	5	7	12	29	2.73	1.77	708
Sub									
	1986	57	5	4	3	32	2.49	1.84	132
	1987	54	6	7	8	25	2.44	1.74	122
	1988	56	7	6	7	25	2.37	1.73	108
Air									
	1986	41	12	4	2	41	2.91	1.86	141
	1987	54	7	8	6	25	2.42	1.73	144
	1988	61	4	3	7	24	2.30	1.75	121

HEALTH ATTITUDES AND BEHAVIORS

22. I see a dentist for regular checkups.

		1							
	<u>Yr.</u>	1	2	3	4	5	<u>Mean</u>	<u>SD</u>	<u>N</u>
		Not at all like me	Mostly not like me	Sometimes like me-- other times not like me	Mostly like me	Very Much like me			
<u>Overall</u>	1986	8	14	24	31	23	3.47	1.22	3016
	1987	7	13	23	31	26	3.55	1.21	2140
	1988	7	13	26	30	25	3.53	1.18	3052
<u>Sex</u>									
Male	1986	9	15	24	30	22	3.42	1.23	2684
	1987	8	13	24	31	25	3.52	1.21	1869
	1988	7	13	26	30	23	3.50	1.18	2659
Female	1986	4	9	18	34	35	3.87	1.10	332
	1987	6	11	20	28	35	3.76	1.20	262
	1988	4	9	26	27	34	3.78	1.13	389
<u>Rank</u>									
Officer	1986	3	10	16	33	38	3.94	1.10	346
	1987	2	9	15	38	37	3.98	1.03	309
	1988	2	5	17	37	38	4.03	.99	492
Enlisted	1986	9	15	24	31	22	3.42	1.22	2668
	1987	8	13	24	30	24	3.50	1.22	1820
	1988	7	13	28	29	23	3.47	1.18	2542
<u>Age</u>									
< 20 yrs.	1986	14	20	23	28	16	3.12	1.29	121
	1987	16	30	25	14	15	2.84	1.30	66
	1988	12	20	33	21	14	3.03	1.21	124
20-24	1986	10	13	25	30	21	3.38	1.24	1018
	1987	8	12	24	30	26	3.53	1.23	470
	1988	6	16	29	29	20	3.42	1.14	695
25-29	1986	7	16	24	30	23	3.46	1.21	764
	1987	9	12	21	33	24	3.51	1.24	542
	1988	7	13	26	31	24	3.52	1.18	800
30-34	1986	7	14	24	32	23	3.51	1.18	497
	1987	6	15	27	29	24	3.50	1.17	432
	1988	9	11	23	31	26	3.55	1.23	597
35+	1986	5	12	20	32	31	3.71	1.17	610
	1987	5	9	22	34	30	3.76	1.12	574
	1988	4	8	24	31	33	3.81	1.11	797
<u>Time in Service</u>									
< 3 yrs.	1986	10	15	24	29	21	3.35	1.25	611
	1987	14	14	28	22	23	3.26	1.32	190
	1988	7	18	31	27	17	3.29	1.15	439
3-10	1986	8	14	24	32	22	3.46	1.21	1281
	1987	8	12	23	32	25	3.54	1.21	989
	1988	6	13	27	31	23	3.52	1.14	1250
11-20	1986	7	12	23	32	25	3.56	1.20	663
	1987	6	13	23	31	27	3.60	1.19	692
	1988	7	10	24	31	28	3.63	1.20	936
> 20	1986	4	15	18	28	34	3.71	1.21	148
	1987	3	9	17	38	33	3.87	1.07	150
	1988	5	9	18	26	41	3.89	1.20	219
<u>Community</u>									
Land	1986	8	14	22	30	25	3.49	1.23	1696
	1987	8	13	22	30	27	3.54	1.24	1224
	1988	7	12	27	27	27	3.55	1.20	1596
Surface	1986	9	15	25	31	20	3.38	1.22	1048
	1987	7	14	27	32	20	3.43	1.17	501
	1988	8	15	30	29	18	3.34	1.17	713
Sub	1986	3	9	24	36	28	3.77	1.06	131
	1987	2	3	16	43	35	4.06	.93	122
	1988	2	14	18	38	28	3.77	1.06	108
Air	1986	5	11	25	34	25	3.63	1.13	141
	1987	8	11	25	29	27	3.57	1.22	143
	1988	8	6	24	37	24	3.63	1.17	120

HEALTH ATTITUDES AND BEHAVIORS

23. I limit my intake of foods like coffee, sugar, fats, etc.

		%					Mean	SD	N
	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
Overall	1986	12	19	36	20	12	3.00	1.17	3010
	1987	11	16	37	22	14	3.11	1.17	2151
	1988	11	17	38	22	11	3.05	1.14	3075
<u>Sex</u>									
Male	1986	13	20	36	20	12	2.98	1.18	2682
	1987	11	17	36	21	14	3.10	1.18	1881
	1988	11	18	37	22	11	3.04	1.15	2680
Female	1986	8	14	40	25	13	3.20	1.10	328
	1987	10	9	45	23	14	3.22	1.10	261
	1988	10	13	42	23	12	3.14	1.10	391
<u>Rank</u>									
Officer	1986	6	17	38	30	9	3.19	1.02	343
	1987	4	13	37	31	15	3.39	1.02	312
	1988	3	16	37	30	14	3.36	1.02	492
Enlisted	1986	13	19	36	19	12	2.98	1.18	2665
	1987	12	16	37	21	14	3.08	1.18	1828
	1988	12	18	38	21	11	3.01	1.15	2564
<u>Age</u>									
< 20 yrs.	1986	14	16	42	20	8	2.91	1.12	119
	1987	23	10	37	18	12	2.87	1.30	66
	1988	16	21	30	24	9	2.88	1.20	126
20-24	1986	13	18	36	18	15	3.02	1.22	1017
	1987	11	18	37	20	13	3.04	1.16	474
	1988	11	18	37	22	12	3.06	1.15	702
25-29	1986	11	21	36	20	12	3.01	1.15	763
	1987	12	15	36	23	14	3.12	1.20	543
	1988	9	19	37	23	12	3.09	1.12	807
30-34	1986	13	19	36	22	10	2.96	1.16	496
	1987	11	19	37	20	12	3.04	1.15	432
	1988	14	17	39	21	8	2.93	1.13	601
35+	1986	11	18	38	22	10	3.02	1.12	609
	1987	8	13	37	24	17	3.28	1.14	580
	1988	11	14	40	22	13	3.13	1.14	800
<u>Time in Service</u>									
< 3 yrs.	1986	14	16	39	10	13	3.01	1.19	608
	1987	15	14	37	21	13	3.02	1.21	193
	1988	13	18	34	22	13	3.02	1.20	443
3-10	1986	11	19	36	21	13	3.05	1.16	1285
	1987	12	16	36	22	14	3.10	1.18	992
	1988	9	19	37	24	11	3.09	1.11	1260
11-20	1986	13	21	39	19	8	2.88	1.11	660
	1987	10	17	40	19	14	3.10	1.15	694
	1988	13	17	41	19	10	2.96	1.13	941
> 20	1986	15	15	38	23	9	2.95	1.17	147
	1987	4	12	30	34	19	3.50	1.07	151
	1988	10	13	34	26	16	3.25	1.18	219
<u>Community</u>									
Land	1986	12	18	37	20	13	3.02	1.18	1689
	1987	11	16	38	21	14	3.11	1.17	1227
	1988	12	17	37	23	11	3.05	1.15	1605
Surface	1986	13	20	35	20	12	2.99	1.18	1049
	1987	13	16	37	15	14	3.03	1.20	504
	1988	13	18	38	19	13	3.02	1.18	721
Sub	1986	10	24	42	10	8	2.88	1.05	132
	1987	11	20	32	25	12	3.06	1.16	122
	1988	15	18	36	23	8	2.90	1.15	108
Air	1986	12	17	39	23	8	3.00	1.11	140
	1987	8	14	34	27	17	3.31	1.15	145
	1988	6	14	41	27	12	3.25	1.03	121

HEALTH ATTITUDES AND BEHAVIORS

25. I take vitamins.

	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me	Mean	SD	N
<hr/>									
<u>Overall</u>	1986	27	14	22	17	19	2.86	1.46	2992
	1987	26	18	23	16	17	2.80	1.42	2135
	1988	26	18	24	16	17	2.81	1.42	3053
<u>Sex</u>									
Male	1986	28	15	23	16	18	2.80	1.45	2660
	1987	27	18	23	16	15	2.74	1.41	1867
	1988	26	18	24	16	16	2.79	1.41	2663
Female	1986	19	10	19	24	29	3.35	1.46	332
	1987	19	14	17	21	29	3.25	1.49	259
	1988	24	14	24	17	22	2.98	1.46	386
<u>Rank</u>									
Officer	1986	24	18	17	19	22	2.99	1.49	344
	1987	21	18	20	21	21	3.02	1.43	309
	1988	27	15	20	19	20	2.90	1.48	488
Enlisted	1986	27	14	23	17	18	2.85	1.46	2646
	1987	27	18	23	16	16	2.77	1.42	1815
	1988	26	18	24	16	17	2.80	1.41	2547
<u>Ago</u>									
< 20 yrs.	1986	35	21	24	11	8	2.38	1.29	117
	1987	34	22	28	9	7	2.33	1.22	66
	1988	36	23	21	9	11	2.36	1.34	125
20-24	1986	27	15	22	18	18	2.86	1.45	1004
	1987	23	20	26	16	14	2.77	1.34	470
	1988	24	20	27	14	14	2.74	1.34	697
25-29	1986	22	14	24	17	22	3.02	1.44	763
	1987	25	16	22	19	18	2.89	1.44	539
	1988	22	16	23	19	18	2.93	1.42	801
30-34	1986	29	12	20	20	18	2.86	1.49	498
	1987	23	16	23	18	20	2.96	1.44	428
	1988	28	15	23	16	18	2.82	1.45	598
35+	1986	30	15	21	15	19	2.79	1.49	604
	1987	33	18	19	13	18	2.66	1.49	577
	1988	26	16	21	16	20	2.87	1.47	794
<u>Time in Service</u>									
< 3 yrs.	1986	29	15	22	19	15	2.76	1.43	601
	1987	27	18	26	16	12	2.70	1.35	192
	1988	27	23	25	12	14	2.64	1.35	440
3-10	1986	23	15	23	18	21	3.00	1.44	1277
	1987	24	17	25	18	17	2.86	1.40	986
	1988	23	16	26	18	17	2.91	1.39	1251
11-20	1986	31	14	21	16	17	2.73	1.47	661
	1987	28	19	21	14	18	2.75	1.45	686
	1988	27	16	21	16	19	2.84	1.47	937
> 20	1986	38	11	21	10	20	2.63	1.55	146
	1987	35	17	14	11	22	2.68	1.57	151
	1988	31	15	20	16	19	2.77	1.50	217
<u>Community</u>									
Land	1986	27	15	21	17	20	2.90	1.48	1684
	1987	29	17	21	15	18	2.77	1.47	1218
	1988	29	15	23	16	17	2.78	1.45	1591
Surface	1986	28	14	24	17	16	2.80	1.43	1037
	1987	26	17	24	18	15	2.79	1.39	501
	1988	23	20	25	16	17	2.85	1.38	714
Sub	1986	25	17	24	17	16	2.83	1.41	131
	1987	21	19	24	20	17	2.93	1.38	122
	1988	21	18	28	20	14	2.88	1.33	108
Air	1986	25	13	23	17	22	2.97	1.48	140
	1987	14	24	30	16	16	2.96	1.27	145
	1988	21	25	19	17	18	2.86	1.41	121

HEALTH ATTITUDES AND BEHAVIORS

26. I drink alcohol. [Note. Because wording was reversed in the 1986 survey ("I do not drink"), scores for 1986 were reversed before constructing this table.]

	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me	Mean	SD	N
<hr/>									
<u>Overall</u>	1986	16	9	24	17	35	3.48	1.44	3004
	1987	20	14	30	19	18	3.02	1.36	2136
	1988	19	13	30	21	17	3.03	1.34	3048
<u>Sex</u>									
Male	1986	15	8	23	17	37	3.53	1.43	2673
	1987	20	13	28	20	20	3.07	1.37	1867
	1988	19	13	29	21	18	3.07	1.35	2658
Female	1986	22	14	31	12	20	2.94	1.40	331
	1987	22	20	39	12	6	2.62	1.15	260
	1988	22	18	36	15	9	2.71	1.23	386
<u>Rank</u>									
Officer	1986	13	13	24	21	28	3.38	1.36	345
	1987	13	18	25	26	18	3.19	1.29	311
	1988	18	12	25	27	18	3.14	1.34	489
Enlisted	1986	16	8	24	16	36	3.48	1.45	2657
	1987	21	13	30	18	18	3.00	1.37	1814
	1988	19	13	30	20	17	3.02	1.34	2540
<u>Age</u>									
< 20 yrs.	1986	21	5	20	22	32	3.39	1.50	121
	1987	27	13	26	9	25	2.93	1.52	65
	1988	20	11	31	18	21	3.09	1.38	124
20-24	1986	12	7	41	57	43	3.70	1.39	1013
	1987	13	10	35	18	24	3.29	1.29	472
	1988	15	12	31	21	21	3.20	1.31	697
25-29	1986	15	8	25	18	34	3.47	1.42	761
	1987	16	14	29	23	18	3.12	1.31	537
	1988	17	13	30	22	17	3.10	1.31	800
30-34	1986	18	10	26	14	32	3.32	1.47	495
	1987	22	15	30	20	13	2.99	1.32	430
	1988	20	13	28	22	16	3.01	1.34	595
35+	1986	20	14	26	15	25	3.12	1.43	608
	1987	27	16	24	15	17	2.78	1.43	578
	1988	27	14	29	18	12	2.73	1.35	793
<u>Time in Service</u>									
< 3 yrs.	1986	15	6	23	16	41	3.62	1.44	609
	1987	20	10	30	15	25	3.14	1.43	192
	1988	19	10	30	21	20	3.13	1.36	442
3-10	1986	15	8	24	17	36	3.45	1.44	1282
	1987	15	13	33	20	19	3.15	1.29	983
	1988	14	15	31	22	18	3.16	1.28	1247
11-20	1986	17	13	26	14	31	3.29	1.45	661
	1987	24	16	25	18	17	2.87	1.40	690
	1988	26	14	28	19	14	2.81	1.37	935
> 20	1986	19	10	26	15	29	3.24	1.46	147
	1987	31	13	27	13	17	2.72	1.45	151
	1988	24	11	28	21	15	2.91	1.38	216
<u>Community</u>									
Land	1986	17	10	25	16	31	3.33	1.45	1687
	1987	23	15	29	19	15	2.88	1.36	1217
	1988	21	14	30	20	16	2.95	1.34	1591
Surface	1986	13	6	22	17	41	3.67	1.41	1045
	1987	16	11	31	19	23	3.21	1.35	581
	1988	18	12	29	21	20	3.13	1.35	714
Sub	1986	14	11	19	16	40	3.58	1.45	132
	1987	13	10	24	24	29	3.45	1.35	121
	1988	12	12	20	31	25	3.45	1.31	108
Air	1986	14	8	26	19	33	3.49	1.39	140
	1987	11	17	38	19	15	3.10	1.19	144
	1988	17	9	32	24	18	3.18	1.30	121

HEALTH ATTITUDES AND BEHAVIORS

27. I wear a seat belt when in a car.

		%					Mean	SD	N
	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
Overall	1986	11	6	19	15	49	3.85	1.37	3011
	1987	5	4	15	15	60	4.20	1.17	2130
	1988	4	4	12	17	62	4.30	1.08	3038
<u>Sex</u>									
Male	1986	11	7	20	15	47	3.80	1.39	2680
	1987	6	5	16	16	58	4.15	1.20	1862
	1988	4	4	13	18	61	4.26	1.10	2645
Female	1986	5	4	12	18	62	4.29	1.11	331
	1987	0	3	11	12	75	4.58	.80	252
	1988	3	1	5	15	75	4.59	.86	389
<u>Rank</u>									
Officer	1986	2	3	6	14	74	4.55	.91	346
	1987	0	2	5	14	79	4.70	.67	309
	1988	0	1	4	12	83	4.75	.60	486
Enlisted	1986	12	7	20	15	46	3.77	1.39	2663
	1987	6	5	17	15	58	4.14	1.20	1810
	1988	5	4	13	18	60	4.25	1.12	2535
<u>Age</u>									
< 20 yrs.	1986	19	8	35	17	22	3.16	1.36	121
	1987	16	14	21	16	33	3.36	1.47	66
	1988	10	9	28	16	37	3.62	1.33	121
20-24	1986	16	9	21	15	39	3.50	1.48	1015
	1987	7	8	22	15	49	3.91	1.28	468
	1988	4	5	17	19	55	4.15	1.15	698
25-29	1986	9	6	17	14	55	4.00	1.32	762
	1987	4	2	14	15	65	4.36	1.03	534
	1988	6	3	8	18	65	4.33	1.12	799
30-34	1986	7	6	17	15	56	4.09	1.24	427
	1987	6	3	13	16	62	4.27	1.14	433
	1988	4	3	10	15	68	4.41	1.02	593
35+	1986	4	2	14	18	61	4.30	1.06	610
	1987	3	3	10	15	69	4.45	.97	572
	1988	1	2	8	16	73	4.59	.79	789
<u>Time in Service</u>									
< 3 yrs.	1986	17	8	25	18	31	3.38	1.44	611
	1987	14	9	19	18	41	3.62	1.44	192
	1988	5	6	21	20	48	4.00	1.17	438
3-10	1986	10	6	19	13	52	3.90	1.37	1280
	1987	5	4	17	14	61	4.21	1.15	977
	1988	4	3	11	17	64	4.33	1.09	1252
11-20	1986	5	4	13	18	59	4.23	1.13	662
	1987	4	3	11	15	68	4.41	1.02	690
	1988	3	2	7	14	73	4.53	.93	927
> 20	1986	8	5	16	13	59	4.11	1.28	148
	1987	4	3	13	17	63	4.32	1.07	148
	1988	0	1	10	21	67	4.54	.75	214
<u>Community</u>									
Land	1986	8	5	18	15	54	4.01	1.28	1694
	1987	5	4	15	15	61	4.24	1.14	1215
	1988	4	3	11	16	66	4.37	1.05	1505
Surface	1986	15	9	22	16	38	3.53	1.45	1045
	1987	7	7	19	14	53	4.00	1.27	498
	1988	6	5	15	20	54	4.11	1.19	711
Sub	1986	13	2	11	13	61	4.07	1.40	132
	1987	7	3	10	15	55	4.30	1.18	118
	1988	1	4	16	16	62	4.34	.99	108
Air	1986	7	6	10	16	61	4.18	1.25	140
	1987	1	3	16	12	68	4.43	.93	145
	1988	7	4	9	13	67	4.31	1.20	119

HEALTH ATTITUDES AND BEHAVIORS

30. I discuss health with friends, neighbors, and relatives.

	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me other times not like me	4 Mostly like me	5 Very Much like me	Mean	SD	N
Overall									
	1986	19	21	35	17	8	2.73	1.17	3013
	1987	19	22	35	17	8	2.74	1.18	2153
	1988	16	22	36	17	9	2.80	1.16	3067
Sex									
Male									
	1986	20	22	35	16	7	2.69	1.17	2681
	1987	20	22	34	17	7	2.69	1.17	1884
	1988	16	23	36	16	8	2.77	1.15	2675
Female									
	1986	11	16	39	22	11	3.05	1.13	332
	1987	10	15	39	22	14	3.16	1.14	260
	1988	13	18	32	25	12	3.04	1.20	388
Rank									
Officer									
	1986	15	24	31	20	10	2.87	1.20	345
	1987	8	20	39	26	7	3.04	1.03	312
	1988	9	18	37	25	11	3.11	1.10	492
Enlisted									
	1986	19	21	36	17	7	2.72	1.17	2666
	1987	20	22	34	16	8	2.71	1.19	1830
	1988	17	23	36	16	8	2.76	1.16	2557
Age									
< 20 yrs.									
	1986	29	21	28	15	8	2.52	1.27	120
	1987	25	23	36	9	8	2.51	1.18	66
	1988	19	24	35	14	8	2.67	1.16	125
20-24									
	1986	19	21	36	17	7	2.71	1.16	1017
	1987	18	24	36	15	8	2.70	1.15	474
	1988	17	24	35	16	8	2.75	1.16	702
25-29									
	1986	18	23	35	18	7	2.74	1.15	763
	1987	20	20	34	18	8	2.76	1.21	543
	1988	14	22	36	19	9	2.86	1.15	806
30-34									
	1986	19	22	32	17	11	2.79	1.24	497
	1987	18	24	34	19	5	2.68	1.12	433
	1988	17	20	36	20	7	2.80	1.16	598
35+									
	1986	17	20	38	18	7	2.77	1.14	610
	1987	17	18	35	19	11	2.88	1.21	580
	1988	16	21	37	16	10	2.83	1.17	797
Time in Service									
< 3 yrs.									
	1986	21	19	35	16	8	2.70	1.19	609
	1987	22	20	36	11	11	2.69	1.24	193
	1988	17	25	33	15	10	2.77	1.19	441
3-10									
	1986	18	22	35	18	7	2.74	1.15	1281
	1987	17	23	35	17	7	2.74	1.14	991
	1988	14	23	36	19	8	2.84	1.13	1257
11-20									
	1986	19	23	34	16	8	2.71	1.17	663
	1987	20	21	32	19	8	2.73	1.21	695
	1988	18	20	37	16	9	2.77	1.17	938
> 20									
	1986	18	25	35	13	8	2.69	1.17	148
	1987	15	17	32	22	13	3.00	1.24	151
	1988	16	25	34	15	11	2.80	1.19	219
Community									
Land									
	1986	18	20	35	19	8	2.77	1.17	1692
	1987	19	20	34	18	9	2.78	1.20	1228
	1988	15	22	36	18	8	2.83	1.15	1603
Surface									
	1986	20	21	35	15	8	2.70	1.20	1049
	1987	19	28	31	14	7	2.63	1.16	504
	1988	18	20	35	16	11	2.80	1.22	716
Sub									
	1986	17	40	29	10	4	2.45	1.03	131
	1987	17	23	40	15	5	2.68	1.08	122
	1988	25	30	30	14	2	2.39	1.07	107
Air									
	1986	14	21	40	19	5	2.80	1.08	141
	1987	12	18	45	21	5	2.90	1.03	145
	1988	11	29	33	21	6	2.84	1.08	121

HEALTH ATTITUDES AND BEHAVIORS

31. I gather information on things that affect my health by watching television and reading books, newspapers, or magazine articles.

		%					Mean	SD	N
	Yr.	1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
<u>Overall</u>									
	1986	14	16	31	24	14	3.07	1.24	3016
	1987	14	19	31	24	12	2.99	1.21	2148
	1988	14	18	33	23	12	3.03	1.20	3059
<u>Sex</u>									
Male	1986	15	17	31	23	13	3.02	1.24	2684
	1987	15	20	31	23	11	2.95	1.21	1879
	1988	14	18	33	23	11	2.99	1.20	2668
Female	1986	7	8	36	30	19	3.45	1.11	332
	1987	10	12	32	30	17	3.31	1.17	260
	1988	8	18	28	25	21	3.33	1.22	387
<u>Rank</u>									
Officer	1986	8	18	28	28	18	3.29	1.19	346
	1987	7	20	31	29	13	3.21	1.12	312
	1988	7	15	31	33	15	3.33	1.11	490
Enlisted	1986	15	16	32	24	13	3.04	1.24	2668
	1987	15	19	31	23	12	2.96	1.22	1825
	1988	14	19	33	22	12	2.99	1.21	2550
<u>Age</u>									
< 20 yrs.	1986	23	15	32	17	13	2.80	1.32	121
	1987	28	23	26	12	11	2.56	1.32	66
	1988	17	22	33	18	10	2.82	1.20	125
20-24	1986	17	16	31	23	13	2.98	1.26	1017
	1987	16	21	33	19	9	2.85	1.17	471
	1988	16	18	33	21	12	2.96	1.23	696
25-29	1986	13	19	32	24	13	3.06	1.21	765
	1987	13	17	33	23	14	3.07	1.22	543
	1988	11	20	32	25	12	3.07	1.17	805
30-34	1986	14	14	32	23	16	3.12	1.25	495
	1987	14	19	27	27	12	3.04	1.24	433
	1988	14	17	29	27	13	3.08	1.24	601
35+	1986	9	14	31	30	15	3.27	1.17	612
	1987	11	20	30	28	12	3.10	1.17	578
	1988	12	17	35	23	13	3.08	1.19	793
<u>Time in Service</u>									
< 3 yrs.	1986	16	15	33	23	13	3.00	1.24	610
	1987	25	19	30	13	12	2.67	1.31	193
	1988	14	18	34	21	13	3.00	1.21	438
3-10	1986	15	16	31	25	14	3.07	1.24	1285
	1987	13	18	34	23	12	3.02	1.18	988
	1988	13	20	31	24	12	3.02	1.20	1256
11-20	1986	13	16	32	26	14	3.11	1.21	662
	1987	14	19	28	27	12	3.03	1.23	695
	1988	14	17	33	24	12	3.05	1.20	935
> 20	1986	9	18	34	25	14	3.18	1.15	148
	1987	7	22	27	32	12	3.19	1.13	150
	1988	14	16	33	21	16	3.07	1.25	218
<u>Community</u>									
Land	1986	12	16	32	25	15	3.15	1.21	1694
	1987	15	18	30	25	12	3.01	1.23	1225
	1988	14	17	32	24	13	3.06	1.22	1596
Surface	1986	18	17	31	22	13	2.95	1.27	1049
	1987	15	22	32	21	11	2.90	1.20	503
	1988	14	20	31	22	14	3.02	1.23	714
Sub	1986	17	27	30	18	8	2.71	1.17	132
	1987	16	17	32	25	10	2.95	1.21	122
	1988	21	16	34	25	4	2.76	1.16	108
Air	1986	11	8	37	28	16	3.29	1.16	141
	1987	10	20	35	23	12	3.07	1.15	145
	1988	14	12	34	29	10	3.08	1.18	121

HEALTH ATTITUDES AND BEHAVIORS

35. I take health food supplements (e.g., protein additives, wheat germ, bran, lecithin).

		%					Mean	SD	N
Yr.		1 Not at all like me	2 Mostly not like me	3 Sometimes like me-- other times not like me	4 Mostly like me	5 Very Much like me			
<u>Overall</u>	1986	41	24	21	8	7	2.15	1.23	3013
	1987	45	24	18	7	6	2.05	1.22	2146
	1988	42	25	19	8	7	2.12	1.22	3059
<u>Sex</u>									
Male	1986	42	24	21	7	6	2.12	1.21	2681
	1987	46	24	17	7	6	2.05	1.21	1877
	1988	41	26	19	8	7	2.13	1.22	2669
Female	1986	35	22	22	9	12	2.41	1.37	332
	1987	43	24	20	6	7	2.12	1.23	260
	1988	48	20	20	6	6	2.03	1.22	386
<u>Rank</u>									
Officer	1986	48	24	14	7	7	2.01	1.24	346
	1987	47	27	13	6	6	1.97	1.19	312
	1988	46	29	14	6	6	1.97	1.17	491
Enlisted	1986	40	24	21	8	7	2.17	1.23	2665
	1987	45	23	18	7	6	2.06	1.22	1823
	1988	42	24	20	8	7	2.13	1.22	2549
<u>Age</u>									
< 20 yrs.	1986	41	30	21	3	4	1.99	1.06	121
	1987	48	27	15	4	6	1.93	1.16	66
	1988	35	27	25	6	7	2.22	1.19	127
20-24	1986	35	25	23	9	8	2.28	1.24	1016
	1987	39	24	23	8	7	2.20	1.22	470
	1988	37	25	22	8	9	2.26	1.27	698
25-29	1986	40	24	20	8	9	2.22	1.28	764
	1987	42	25	20	7	7	2.10	1.21	543
	1988	40	26	19	9	6	2.15	1.21	804
30-34	1986	47	21	20	7	5	2.03	1.19	497
	1987	50	21	15	8	6	1.99	1.23	431
	1988	48	23	16	7	6	1.98	1.19	599
35+	1986	49	22	16	7	5	1.97	1.19	609
	1987	52	24	12	6	6	1.89	1.18	579
	1988	48	26	15	6	5	1.94	1.15	793
<u>Time in Service</u>									
< 3 yrs.	1986	35	25	24	9	7	2.26	1.22	610
	1987	41	26	18	7	7	2.12	1.23	192
	1988	35	26	23	7	9	2.29	1.26	441
3-10	1986	40	24	21	7	7	2.19	1.24	1283
	1987	41	24	21	8	6	2.14	1.22	986
	1988	39	24	21	9	7	2.21	1.25	1253
11-20	1986	49	23	16	6	5	1.95	1.17	663
	1987	50	23	14	6	6	1.96	1.21	694
	1988	48	26	15	6	4	1.93	1.13	935
> 20	1986	53	20	20	3	5	1.88	1.13	147
	1987	59	20	13	6	3	1.74	1.06	151
	1988	54	25	10	7	4	1.81	1.11	219
<u>Community</u>									
Land	1986	42	24	20		7	2.13	1.24	1692
	1987	47	24	16		7	2.04	1.24	1225
	1988	46	22	19	7	5	2.04	1.20	1599
Surface	1986	40	23	24	7	7	2.17	1.22	1049
	1987	44	21	21	7	6	2.09	1.22	503
	1988	36	26	21	7	10	2.29	1.29	713
Sub	1986	36	34	18	9	3	2.08	1.07	132
	1987	51	25	15	7	3	1.87	1.09	121
	1988	38	38	14	7	3	2.00	1.05	108
Air	1986	41	16	22	12	9	2.32	1.36	140
	1987	39	26	26	4	6	2.12	1.15	144
	1988	41	21	18	12	9	2.27	1.34	120

PHYSICAL SYMPTOMS CHECKLIST

PHYSICAL SYMPTOMS CHECKLIST

- o Overall, general tiredness, headaches, and backaches were the physical symptoms most commonly experienced by Navy personnel.
- o Enlisted personnel and women reported experiencing physical symptoms more often than did officers and men.
- o The surface ship community tended to report more neurological symptoms, such as headache, trouble concentrating, problems thinking clearly, backache, and tingling or numbness. By contrast, the air community was lowest on these symptoms. No community differences were seen for gastrointestinal symptoms such as stomach problems, indigestion, diarrhea, and nausea.
- o About 12% of all personnel reported that a doctor had at some time told them that they had high blood pressure; this was more likely the case for men than for women, and for older people than for younger people.
- o Of those who had ever been diagnosed by a doctor as having high blood pressure, about three-quarters currently have it controlled to within normal limits. Older individuals were more likely than younger people to have their blood pressure controlled to within normal limits. Considering the four communities, surface ship personnel were least likely to report that high blood pressure was currently controlled.
- o The most prevalent method of control was exercise, followed by diet, weight control, and medication.

PHYSICAL SYMPTOMS CHECKLIST

Indicate how much you have had each of these symptoms during the last 7 days.

12. backaches

	Yr.	%						Mean	SD	N
		0 Did not Experience	1 Very Little	2 Some	3 Moderate	4 A Lot	5 A Great Deal			
Overall	1986	62	13	11	7	4	3	.86	1.34	3002
	1987	61	15	11	6	4	2	.83	1.27	2143
	1988	62	17	11	5	4	2	.79	1.25	3060
Sex										
Male	1986	63	13	11	7	4	3	.84	1.33	2676
	1987	63	14	11	6	4	2	.79	1.25	1875
	1988	62	16	11	5	3	2	.77	1.23	2671
Female	1986	57	13	14	7	5	4	1.02	1.43	326
	1987	49	21	14	7	7	3	1.10	1.42	260
	1988	55	20	13	4	5	3	.96	1.37	385
Rank										
Officer	1986	72	12	8	5	2	1	.57	1.08	347
	1987	69	12	11	3	2	2	.64	1.16	312
	1988	67	14	11	4	2	1	.63	1.08	489
Enlisted	1986	61	13	11	7	4	3	.89	1.37	2653
	1987	60	15	11	7	4	2	.85	1.28	1820
	1988	61	17	11	5	4	2	.81	1.27	2552
Age										
< 20 yrs.	1986	66	14	6	7	5	2	.78	1.33	118
	1987	61	17	13	6	2	1	.73	1.12	66
	1988	56	24	8	6	5	1	.82	1.19	124
20-24	1986	61	14	10	8	4	4	.92	1.40	1010
	1987	61	14	12	7	5	2	.87	1.31	471
	1988	60	17	12	4	4	4	.87	1.35	701
25-29	1986	65	11	13	5	3	2	.77	1.25	760
	1987	64	15	9	6	3	2	.75	1.24	545
	1988	63	17	11	5	4	1	.74	1.17	801
30-34	1986	62	13	12	7	5	2	.87	1.33	498
	1987	60	14	13	7	4	2	.88	1.30	431
	1988	68	14	11	5	2	1	.63	1.09	604
35+	1986	62	14	9	7	4	3	.86	1.36	610
	1987	59	17	11	6	3	2	.84	1.27	573
	1988	60	16	11	7	4	3	.87	1.33	793
Time in Service										
< 3 yrs.	1986	62	14	10	8	4	2	.86	1.33	608
	1987	65	15	10	5	3	1	.72	1.19	192
	1988	59	18	11	4	5	2	.84	1.29	442
3-10	1986	63	12	12	6	3	3	.83	1.32	1277
	1987	63	14	11	6	5	1	.80	1.26	990
	1988	62	16	12	4	3	2	.76	1.22	1250
11-20	1986	62	13	11	7	4	3	.89	1.38	666
	1987	59	16	12	7	3	3	.88	1.30	689
	1988	61	17	10	6	3	2	.80	1.25	939
> 20	1986	65	15	8	5	3	4	.77	1.33	148
	1987	62	17	10	4	3	3	.78	1.25	150
	1988	63	13	13	6	3	2	.79	1.24	215
Community										
Land	1986	64	13	11	6	3	3	.80	1.30	1687
	1987	61	15	12	6	4	2	.84	1.28	1223
	1988	61	18	12	4	3	2	.76	1.21	1595
Surface	1986	60	13	12	8	6	3	.96	1.42	1044
	1987	61	16	10	8	5	1	.83	1.26	500
	1988	61	14	11	6	6	2	.86	1.34	722
Sub	1986	61	14	12	9	4	1	.85	1.26	133
	1987	65	14	6	8	5	2	.81	1.34	121
	1988	67	12	14	5	0	2	.64	1.09	107
Air	1986	67	15	9	4	3	3	.71	1.27	138
	1987	61	16	11	6	5	1	.82	1.25	146
	1988	62	13	15	5	2	1	.75	1.16	119

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
14. Stomach problems

	Yr.	4						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	79	9	5	3	3	1	.45	1.05	3006
	1987	77	12	6	3	1	1	.42	.94	2144
	1988	75	14	7	2	1	1	.44	.93	3068
Sex										
Male	1986	80	10	5	3	2	1	.41	.99	2680
	1987	78	12	5	2	1	1	.38	.88	1874
	1988	77	14	6	2	1	0	.38	.84	2679
Female	1986	70	8	9	3	6	3	.77	1.40	326
	1987	66	12	12	4	3	3	.74	1.27	261
	1988	60	15	13	5	3	4	.88	1.36	385
Rank										
Officer	1986	87	5	4	2	1	1	.27	.83	347
	1987	86	7	5	2	.	0	.24	.70	312
	1988	84	8	4	2	1	1	.30	.82	490
Enlisted	1986	78	10	6	3	3	1	.48	1.07	2657
	1987	76	13	6	3	2	1	.44	.96	1821
	1988	74	15	7	2	1	1	.46	.94	2559
Age										
< 20 yrs.	1986	82	11	1	2	3	1	.35	.94	118
	1987	71	17	9	2	1	.	.45	.82	66
	1988	73	15	8	2	1	2	.48	.97	125
20-24	1986	78	10	6	3	3	1	.47	1.06	1012
	1987	76	10	7	4	2	1	.51	1.08	468
	1988	72	14	8	2	2	1	.51	1.02	702
25-29	1986	79	9	5	2	3	1	.44	1.04	761
	1987	76	13	6	3	1	1	.45	.97	544
	1988	73	15	7	2	1	1	.45	.92	802
30-34	1986	79	8	6	3	2	2	.48	1.09	499
	1987	79	12	5	2	1	1	.37	.86	432
	1988	78	12	6	3	1	0	.37	.82	602
35+	1986	79	10	5	3	2	2	.43	1.02	610
	1987	79	14	5	1	1	0	.31	.74	577
	1988	79	11	6	2	1	1	.38	.88	798
Time in Service										
< 3 yrs.	1986	78	10	6	3	3	0	.44	1.00	609
	1987	75	14	7	3	.	1	.44	.92	191
	1988	72	16	7	3	1	1	.50	.97	441
3-10	1986	78	9	6	3	2	1	.46	1.04	1276
	1987	75	11	7	4	2	1	.50	1.06	986
	1988	74	15	7	2	1	1	.45	.91	1254
11-20	1986	81	9	4	2	3	2	.42	1.05	667
	1987	79	14	4	1	1	1	.34	.80	694
	1988	78	12	6	2	1	1	.39	.88	942
> 20	1986	73	10	8	3	2	4	.64	1.29	148
	1987	84	10	5	1	.	.	.23	.59	150
	1988	81	9	5	2	1	2	.39	.98	217
Community										
Land	1986	80	9	5	2	2	2	.43	1.03	1687
	1987	76	13	6	3	1	1	.41	.88	1221
	1988	75	13	7	2	1	1	.44	.95	1601
Surface	1986	75	11	6	3	3	2	.52	1.12	1048
	1987	76	13	6	3	2	1	.47	1.00	502
	1988	70	18	7	3	1	1	.48	.91	721
Sub	1986	86	5	6	3	.	.	.27	.72	133
	1987	84	10	2	1	1	2	.32	.94	121
	1988	82	6	10	1	.	.	.31	.70	107
Air	1986	79	8	6	6	2	.	.43	.96	138
	1987	75	7	8	3	4	2	.60	1.24	146
	1988	78	11	4	3	3	1	.46	1.06	120

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
16. Indigestion

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
<u>Overall</u>	1986	77	12	6	3	1	1	.42	.93	3002
	1987	75	14	7	2	1	1	.45	.93	2153
	1988	74	15	6	2	1	1	.42	.88	3071
<u>Sex</u>										
Male	1986	77	12	6	3	1	1	.41	.90	2676
	1987	75	13	7	2	1	1	.43	.91	1881
	1988	75	15	6	2	1	0	.40	.85	2678
Female	1986	77	10	6	3	3	2	.51	1.14	326
	1987	71	14	7	4	2	1	.55	1.06	263
	1988	71	17	6	1	2	3	.54	1.10	389
<u>Rank</u>										
Officer	1986	81	11	4	3	1	0	.33	.82	347
	1987	79	12	6	1	0	1	.33	.78	312
	1988	82	11	4	2	1	0	.30	.78	492
Enlisted	1986	77	12	6	3	1	1	.43	.94	2653
	1987	74	14	7	2	1	1	.46	.95	1830
	1988	73	16	7	2	1	1	.44	.89	2559
<u>Age</u>										
< 20 yrs.	1986	82	7	6	3	.	2	.36	.92	117
	1987	58	14	20	2	6	.	.83	1.18	66
	1988	79	16	3	2	.	.	.27	.60	127
20-24	1986	78	11	5	3	2	1	.42	.94	1012
	1987	77	12	6	3	0	2	.42	.95	474
	1988	74	15	7	2	1	1	.44	.90	704
25-29	1986	74	14	7	3	1	1	.46	.95	761
	1987	72	16	7	3	1	1	.49	.96	546
	1988	74	17	7	1	1	0	.39	.80	806
30-34	1986	78	12	7	1	1	1	.40	.92	497
	1987	75	13	7	2	2	1	.46	.96	433
	1988	74	15	6	2	2	1	.47	.97	604
35+	1986	79	11	6	2	2	0	.39	.89	609
	1987	77	14	7	1	1	0	.34	.74	577
	1988	76	13	6	2	2	1	.44	.94	791
<u>Time in Service</u>										
< 3 yrs.	1986	78	10	7	3	1	1	.40	.90	605
	1987	70	13	10	1	2	3	.63	1.21	193
	1988	76	17	5	2	0	0	.35	.73	445
3-10	1986	75	12	7	3	1	1	.46	.96	1281
	1987	74	14	7	4	1	1	.46	.93	994
	1988	74	15	7	2	1	1	.44	.88	1259
11-20	1986	78	11	6	1	2	1	.39	.90	666
	1987	78	12	7	1	2	1	.38	.87	693
	1988	73	16	6	2	2	1	.47	.94	937
> 20	1986	76	12	6	1	2	2	.46	1.04	148
	1987	81	13	4	1	1	.	.27	.65	150
	1988	79	11	4	2	2	2	.42	1.03	216
<u>Community</u>										
Land	1986	78	12	6	3	1	1	.40	.91	1687
	1987	73	14	9	2	1	0	.47	.91	1228
	1988	74	15	6	2	1	1	.43	.89	1603
Surface	1986	77	11	7	3	2	1	.44	.97	1044
	1987	76	13	7	2	1	2	.44	.97	503
	1988	72	18	6	2	1	1	.43	.86	721
Sub	1986	74	12	11	3	1	.	.45	.86	133
	1987	77	14	4	2	1	1	.41	.95	122
	1988	74	14	9	2	.	1	.44	.90	107
Air	1986	76	13	7	1	2	1	.44	.97	138
	1987	78	10	4	5	0	3	.48	1.11	146
	1988	75	14	7	0	3	1	.47	1.01	121

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
18. Trouble concentrating

		Yr.	%					Mean	SD	N
			0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal		
Overall	1986	72	14	8	4	2	1	.51	1.00	2991
	1987	73	14	8	2	2	1	.49	.97	2141
	1988	71	15	8	3	1	1	.52	1.00	3060
Sex										
Male	1986	73	14	7	3	2	1	.48	.96	2668
	1987	74	14	8	2	2	1	.46	.93	1874
	1988	72	15	8	2	1	1	.48	.95	2668
Female	1986	66	13	9	7	2	2	.74	1.25	323
	1987	65	16	9	4	2	4	.73	1.28	258
	1988	63	15	12	3	3	4	.81	1.33	388
Rank										
Officer	1986	81	10	6	2	1	0	.32	.79	346
	1987	82	11	5	1	.	.	.26	.62	312
	1988	84	11	4	1	1	.	.22	.60	487
Enlisted	1986	72	14	8	4	2	1	.53	1.02	2643
	1987	72	14	9	2	2	1	.52	1.01	1818
	1988	69	16	9	3	2	2	.55	1.04	2553
Age										
< 20 yrs.	1986	70	15	8	2	2	2	.59	1.13	118
	1987	52	16	22	2	5	3	1.00	1.32	65
	1988	60	15	12	5	6	2	.87	1.33	125
20-24	1986	69	14	8	5	3	1	.61	1.11	1008
	1987	70	13	10	3	3	1	.60	1.11	467
	1988	67	16	10	3	2	3	.65	1.18	700
25-29	1986	73	12	9	4	1	1	.50	.99	753
	1987	74	14	7	2	3	0	.47	.97	543
	1988	72	17	7	3	1	1	.46	.89	802
30-34	1986	74	15	7	3	1	1	.43	.88	497
	1987	71	17	8	2	1	0	.46	.88	434
	1988	74	15	8	2	1	0	.44	.88	602
35+	1986	79	11	6	3	1	0	.36	.82	609
	1987	78	14	6	1	0	0	.33	.74	575
	1988	77	14	6	1	1	1	.37	.83	792
Time in Service										
< 3 yrs.	1986	67	15	9	5	3	1	.65	1.14	603
	1987	58	17	17	2	3	3	.84	1.25	191
	1988	67	16	10	3	2	2	.66	1.17	440
3-10	1986	73	15	7	4	1	1	.50	.99	1272
	1987	72	13	8	2	3	1	.54	1.06	986
	1988	70	16	8	3	1	1	.54	1.01	1255
11-20	1986	76	12	8	3	1	0	.42	.85	666
	1987	77	14	6	2	1	0	.36	.77	694
	1988	75	14	7	2	1	1	.42	.88	938
> 20	1986	80	11	6	2	1	1	.36	.85	147
	1987	74	23	3	0	.	.	.30	.54	149
	1988	79	15	3	3	1	.	.32	.73	215
Community										
Land	1986	75	13	6	3	2	1	.46	.96	1681
	1987	73	14	9	2	1	1	.46	.92	1223
	1988	72	15	8	2	1	1	.50	1.00	1598
Surface	1986	67	15	10	5	2	1	.63	1.08	1041
	1987	71	13	9	2	3	1	.57	1.08	499
	1988	68	17	9	3	2	2	.59	1.07	719
Sub	1986	74	13	11	1	.	1	.44	.88	132
	1987	72	19	5	1	3	.	.44	.88	121
	1988	67	17	8	6	1	1	.61	1.08	107
Air	1986	78	14	5	2	.	1	.36	.83	137
	1987	77	11	4	4	2	2	.50	1.12	145
	1988	76	13	6	3	1	2	.46	1.00	120

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
22. Diarrhea

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	87	8	3	2	1	0	.22	.68	3000
	1987	85	9	4	1	1	1	.24	.70	2149
	1988	82	12	4	1	1	0	.26	.68	3062
Sex										
Male	1986	87	8	3	2	1	0	.22	.68	2676
	1987	85	9	3	1	1	0	.24	.68	1878
	1988	82	12	4	1	1	0	.26	.68	2675
Female	1986	87	7	4	1	1	0	.23	.70	324
	1987	86	7	5	0	.	2	.27	.84	262
	1988	81	15	2	1	1	.	.27	.66	383
Rank										
Officer	1986	93	4	2	1	0	.	.11	.46	346
	1987	87	9	4	1	.	0	.19	.56	312
	1988	87	8	3	1	1	0	.21	.63	489
Enlisted	1986	87	8	3	2	1	0	.23	.70	2652
	1987	85	9	4	1	1	1	.25	.71	1826
	1988	81	13	4	1	1	0	.27	.68	2554
Age										
< 20 yrs.	1986	86	4	3	6	1	1	.34	.93	119
	1987	77	13	6	2	2	.	.37	.81	65
	1988	85	12	2	.	2	.	.22	.62	125
20-24	1986	87	8	2	1	1	0	.21	.67	1010
	1987	84	10	3	1	1	1	.27	.77	473
	1988	80	12	4	1	0	0	.28	.68	702
25-29	1986	85	9	3	2	1	0	.25	.70	759
	1987	85	8	5	1	0	1	.26	.74	546
	1988	83	12	3	1	1	0	.25	.66	803
30-34	1986	88	7	3	1	1	1	.21	.68	499
	1987	88	8	2	1	1	1	.20	.67	430
	1988	81	13	4	1	1	0	.28	.71	603
35+	1986	89	7	3	1	1	0	.18	.60	607
	1987	86	9	4	1	0	0	.21	.59	578
	1988	84	11	4	0	1	0	.25	.67	790
Time in Service										
< 3 yrs.	1986	88	6	3	2	1	1	.24	.75	608
	1987	82	10	6	1	1	1	.31	.78	192
	1988	80	13	5	1	0	1	.31	.72	440
3-10	1986	87	9	2	1	1	0	.21	.65	1278
	1987	84	9	4	1	1	1	.26	.75	992
	1988	82	13	3	1	0	0	.24	.61	1254
11-20	1986	87	8	3	1	1	1	.23	.71	654
	1987	88	8	2	1	0	0	.19	.61	692
	1988	84	10	4	0	1	0	.24	.68	939
> 20	1986	93	3	1	1	.	1	.14	.63	148
	1987	86	8	3	2	.	.	.22	.62	150
	1988	82	11	3	1	1	1	.31	.83	215
Community										
Land	1986	89	6	2	2	0	0	.19	.63	1686
	1987	84	10	4	1	0	0	.24	.65	1225
	1988	83	12	3	1	1	0	.25	.68	1598
Surface	1986	85	6	3	1	1	1	.26	.75	1044
	1987	87	6	4	2	0	1	.24	.72	502
	1988	81	13	4	1	0	0	.29	.69	719
Sub	1986	84	10	3	1	1	.	.24	.65	133
	1987	82	10	4	.	1	2	.33	.92	122
	1988	82	14	3	.	1	.	.25	.64	108
Air	1986	85	8	4	3	1	.	.27	.72	137
	1987	88	5	2	2	1	1	.27	.87	146
	1988	79	17	2	2	1	.	.31	.72	121

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
23. Headaches

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	56	20	12	6	4	2	.86	1.24	2998
	1987	56	21	13	6	3	2	.83	1.18	2155
	1988	53	25	13	5	2	2	.84	1.15	3070
<u>Sex</u>										
Male	1986	58	20	12	5	3	2	.80	1.19	2674
	1987	58	21	12	5	3	1	.76	1.12	1883
	1988	55	25	13	4	2	1	.78	1.08	2679
Female	1986	41	24	14	9	8	5	1.35	1.52	324
	1987	38	20	20	10	6	5	1.40	1.47	263
	1988	39	23	16	12	6	4	1.35	1.46	387
<u>Rank</u>										
Officer	1986	66	17	10	4	2	1	.63	1.08	346
	1987	63	22	11	3	.	1	.58	.92	312
	1988	66	20	10	2	1	0	.54	.90	491
Enlisted	1986	55	21	13	6	4	2	.89	1.25	2650
	1987	55	21	13	6	3	2	.86	1.20	1832
	1988	51	25	14	6	2	2	.88	1.17	2559
<u>Age</u>										
< 20 yrs.	1986	54	23	13	6	1	2	.86	1.19	119
	1987	51	22	10	14	2	2	.98	1.25	66
	1988	44	31	10	8	5	1	1.02	1.24	123
20-24	1986	56	19	13	6	5	2	.92	1.29	1007
	1987	55	20	13	5	4	3	.92	1.31	474
	1988	49	25	13	8	3	2	.98	1.25	701
25-29	1986	54	22	13	6	3	2	.88	1.23	757
	1987	57	19	13	6	3	2	.86	1.22	546
	1988	52	24	16	4	2	2	.86	1.15	805
30-34	1986	58	21	12	5	2	2	.79	1.18	499
	1987	54	25	12	5	4	0	.81	1.11	434
	1988	56	24	14	3	1	1	.72	1.00	604
35+	1986	59	19	11	5	3	2	.78	1.19	610
	1987	59	22	13	5	1	1	.69	1.00	578
	1988	58	24	11	4	1	1	.70	1.05	799
<u>Time in Service</u>										
< 3 yrs.	1986	55	18	14	7	5	2	.95	1.29	607
	1987	61	17	9	7	3	2	.82	1.26	192
	1988	46	30	11	7	4	2	1.00	1.24	439
3-10	1986	55	21	13	5	3	2	.87	1.24	1274
	1987	55	20	14	5	4	2	.91	1.27	994
	1988	52	23	15	4	3	2	.89	1.19	1255
11-20	1986	58	20	12	6	3	2	.80	1.19	666
	1987	56	23	13	6	2	1	.76	1.06	695
	1988	56	24	13	4	2	1	.75	1.07	944
> 20	1986	69	15	8	5	2	1	.59	1.06	148
	1987	65	23	9	1	2	1	.53	.89	151
	1988	69	18	11	2	0	0	.48	.82	218
<u>Community</u>										
Land	1986	56	21	12	6	3	2	.85	1.22	1685
	1987	54	22	14	6	3	1	.84	1.15	1229
	1988	52	25	13	6	2	2	.86	1.14	1601
Surface	1986	55	20	13	5	4	3	.91	1.29	1045
	1987	57	18	12	6	3	2	.85	1.24	505
	1988	52	23	15	5	2	2	.88	1.18	721
Sub	1986	54	20	11	7	6	1	.94	1.29	132
	1987	53	21	10	9	3	3	.98	1.36	121
	1988	50	23	16	5	5	0	.94	1.19	108
Air	1986	69	13	14	2	1	1	.53	.94	136
	1987	60	19	14	2	4	1	.73	1.13	146
	1988	59	22	12	4	3	.	.68	1.01	121

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
25. Pains in chest or heart

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	85	8	4	2	1	0	.27	.76	3000
	1987	85	9	4	1	1	0	.24	.70	2152
	1988	85	9	4	1	1	0	.25	.71	3061
Sex										
Male	1986	85	8	4	2	1	1	.28	.77	2675
	1987	85	9	4	1	1	0	.25	.70	1882
	1988	84	9	4	1	1	0	.26	.70	2669
Female	1986	87	7	3	2	1	.	.24	.72	325
	1987	88	7	1	3	.	1	.22	.74	261
	1988	90	6	2	1	0	1	.19	.71	388
Rank										
Officer	1986	95	3	2	0	0	.	.09	.43	347
	1987	93	4	2	1	.	.	.12	.46	313
	1988	94	4	1	0	0	.	.08	.37	489
Enlisted	1986	84	9	4	2	1	1	.29	.79	2651
	1987	84	9	4	1	1	0	.26	.72	1828
	1988	84	9	4	1	1	0	.27	.74	2552
Age										
< 20 yrs.	1986	85	9	3	3	.	1	.26	.76	119
	1987	80	11	8	1	.	.	.30	.66	66
	1988	77	15	5	1	1	1	.36	.83	126
20-24	1986	85	8	4	2	1	1	.29	.81	1010
	1987	86	9	2	1	1	1	.23	.70	472
	1988	84	9	4	1	1	1	.30	.81	701
25-29	1986	85	8	4	2	1	0	.27	.77	758
	1987	87	6	4	1	1	1	.26	.80	546
	1988	87	8	3	1	0	0	.21	.63	802
30-34	1986	85	10	2	2	1	0	.26	.76	499
	1987	85	11	2	1	1	.	.21	.59	433
	1988	86	8	4	1	1	0	.25	.73	600
35+	1986	85	9	4	2	1	.	.24	.66	608
	1987	84	9	5	1	1	0	.26	.66	578
	1988	87	7	5	1	0	.	.20	.57	793
Time in Service										
< 3 yrs.	1986	86	7	4	3	0	0	.26	.75	608
	1987	84	16	3	0	2	1	.29	.83	193
	1988	83	9	4	3	1	1	.31	.82	441
3-10	1986	86	8	4	1	1	0	.25	.74	1277
	1987	87	8	3	1	0	1	.23	.70	992
	1988	87	8	3	1	0	1	.21	.67	1253
11-20	1986	85	8	2	3	1	0	.27	.78	666
	1987	84	10	4	1	1	0	.25	.66	695
	1988	85	8	5	1	1	0	.25	.69	937
> 20	1986	81	11	6	1	1	.	.29	.70	147
	1987	85	9	4	2	0	.	.23	.63	150
	1988	86	10	3	1	0	.	.19	.53	215
Community										
Land	1986	86	9	3	1	1	0	.23	.66	1685
	1987	84	11	4	1	0	0	.25	.67	1226
	1988	86	8	3	1	1	1	.23	.70	1602
Surface	1986	83	7	5	3	1	1	.36	.93	1045
	1987	88	7	3	1	1	.	.21	.67	504
	1988	81	12	5	1	1	1	.32	.80	717
Sub	1986	85	10	3	2	.	.	.21	.58	133
	1987	85	7	5	1	0	1	.27	.80	122
	1988	89	7	3	0	0	.	.16	.52	106
Air	1986	85	10	3	2	.	.	.22	.60	137
	1987	91	4	2	0	.	2	.19	.77	146
	1988	86	5	8	.	2	.	.26	.74	119

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
26. General tiredness

	Yr.	0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal	Mean	SD	N
Overall										
	1986	43	20	18	10	5	4	1.24	1.41	3004
	1987	52	19	15	7	5	3	1.00	1.33	2149
	1988	49	22	15	6	5	2	1.02	1.30	3065
Sex										
Male										
	1986	45	21	17	9	4	3	1.17	1.37	2678
	1987	55	19	14	6	4	3	.93	1.29	1879
	1988	51	22	15	6	4	2	.95	1.24	2675
Female										
	1986	30	16	25	14	7	9	1.79	1.58	326
	1987	33	20	22	9	12	4	1.59	1.50	261
	1988	36	23	19	7	8	8	1.52	1.59	387
Rank										
Officer										
	1986	53	20	16	6	3	3	.93	1.26	347
	1987	61	21	13	3	2	0	.64	.98	312
	1988	65	18	12	3	1	0	.59	.95	491
Enlisted										
	1986	42	20	18	10	5	4	1.27	1.42	2655
	1987	51	19	15	7	5	3	1.04	1.36	1826
	1988	47	23	16	6	5	3	1.07	1.33	2556
Age										
< 20 yrs.										
	1986	40	20	21	12	4	3	1.31	1.38	119
	1987	42	16	19	12	4	8	1.42	1.58	66
	1988	31	31	14	10	10	4	1.47	1.46	126
20-24										
	1986	36	20	21	11	6	6	1.47	1.50	1011
	1987	47	18	16	9	7	4	1.22	1.48	472
	1988	45	22	17	7	6	4	1.20	1.43	702
25-29										
	1986	48	21	14	9	5	4	1.13	1.41	761
	1987	53	17	15	5	5	4	1.02	1.39	545
	1988	52	21	14	7	5	2	.97	1.27	804
30-34										
	1986	46	20	18	11	3	2	1.12	1.31	499
	1987	53	20	15	7	4	1	.91	1.19	432
	1988	50	21	19	5	4	2	.97	1.23	600
35+										
	1986	50	20	18	6	4	2	1.00	1.25	608
	1987	58	22	12	5	2	1	.73	1.06	578
	1988	57	24	12	3	2	2	.74	1.09	795
Time in Service										
< 3 yrs.										
	1986	36	19	20	13	6	5	1.49	1.49	608
	1987	43	17	18	10	5	7	1.38	1.56	191
	1988	41	26	15	8	8	3	1.26	1.42	442
3-10										
	1986	44	20	18	8	5	4	1.22	1.43	1279
	1987	51	19	15	7	6	3	1.07	1.39	991
	1988	50	20	17	6	4	3	1.03	1.32	1256
11-20										
	1986	48	21	19	7	3	2	1.03	1.25	665
	1987	57	20	14	5	3	1	.82	1.18	694
	1988	53	23	15	4	3	1	.85	1.15	937
> 20										
	1986	53	18	16	8	4	2	.96	1.27	148
	1987	58	29	9	3	1	.	.60	.87	150
	1988	62	23	10	3	1	2	.65	1.04	217
Community										
Land										
	1986	47	21	16	9	4	3	1.10	1.34	1687
	1987	52	22	14	6	4	2	.96	1.28	1225
	1988	51	22	15	5	4	2	.94	1.24	1603
Surface										
	1986	37	20	21	11	6	6	1.45	1.50	1046
	1987	47	16	19	8	7	3	1.22	1.44	504
	1988	40	23	18	7	7	4	1.31	1.45	720
Sub										
	1986	39	19	19	11	6	5	1.43	1.52	133
	1987	63	14	8	8	3	5	.87	1.42	122
	1988	46	24	17	7	5	0	1.02	1.21	106
Air										
	1986	53	15	17	11	2	2	1.00	1.28	138
	1987	56	17	13	8	4	2	.93	1.30	145
	1988	60	18	11	6	3	2	.77	1.19	121

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
27. Problems thinking clearly

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	74	14	7	3	2	1	.47	.97	3008
	1987	77	13	6	2	2	1	.40	.89	2152
	1988	76	15	6	2	1	1	.41	.89	3070
<u>Sex</u>										
Male	1986	75	13	7	3	1	1	.45	.94	2681
	1987	78	13	5	2	2	0	.39	.88	1884
	1988	77	15	5	2	1	1	.38	.84	2678
Female	1986	68	14	9	5	3	2	.66	1.16	327
	1987	76	13	6	2	1	2	.46	1.00	260
	1988	71	14	8	3	2	2	.59	1.15	388
<u>Rank</u>										
Officer	1986	82	9	7	2	0	.	.30	.71	348
	1987	87	11	2	0	.	.	.16	.45	312
	1988	90	7	2	1	0	0	.14	.50	490
Enlisted	1986	73	14	7	3	2	1	.49	1.00	2658
	1987	76	13	6	2	2	1	.42	.93	1830
	1988	74	16	6	2	1	1	.44	.92	2560
<u>Age</u>										
< 20 yrs.	1986	72	12	10	2	1	2	.54	1.06	119
	1987	58	21	14	2	2	3	.76	1.18	66
	1988	66	19	10	2	2	1	.60	1.04	127
20-24	1986	70	15	7	4	2	1	.58	1.10	1011
	1987	74	11	6	4	2	1	.50	1.03	474
	1988	70	17	8	2	2	2	.53	1.02	763
25-29	1986	75	13	8	3	1	1	.45	.93	761
	1987	78	13	4	1	3	0	.41	.93	545
	1988	79	12	4	3	1	1	.34	.82	806
30-34	1986	76	15	6	2	1	1	.39	.84	499
	1987	78	15	3	2	1	0	.35	.81	434
	1988	77	16	5	1	2	0	.36	.81	601
35+	1986	81	10	5	2	1	0	.33	.81	612
	1987	84	10	4	1	0	.	.23	.60	578
	1988	82	11	4	2	0	1	.29	.75	794
<u>Time in Service</u>										
< 3 yrs.	1986	68	14	8	5	2	2	.65	1.17	609
	1987	64	17	11	3	2	3	.72	1.21	191
	1988	71	16	7	2	3	1	.54	1.05	444
3-10	1986	74	14	7	3	1	1	.47	.95	1279
	1987	77	12	6	2	2	1	.42	.94	994
	1988	76	15	6	2	1	1	.41	.88	1258
11-20	1986	79	12	5	2	1	1	.37	.85	668
	1987	81	13	3	2	1	0	.30	.73	694
	1988	79	14	5	1	1	1	.34	.80	939
> 20	1986	83	9	6	2	1	.	.28	.72	148
	1987	85	12	3	.	0	.	.20	.51	151
	1988	84	11	2	3	0	.	.24	.65	215
<u>Community</u>										
Land	1986
	1987	73	11	7	4	3	2	.57	1.15	1226
	1988	73	12	7	3	2	2	.55	1.11	1602
Surface	1986
	1987	72	12	7	5	3	1	.58	1.18	503
	1988	71	12	8	3	4	2	.61	1.18	719
Sub	1986
	1987	82	6	5	2	2	2	.43	1.08	122
	1988	80	12	4	3	0	0	.32	.77	108
Air	1986
	1987	73	9	10	2	1	5	.63	1.29	145
	1988	81	5	8	3	2	1	.42	1.01	121

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
30. Tingling or numbness

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	86	7	4	2	1	1	.28	.82	2998
	1987	85	8	3	2	1	1	.28	.80	2154
	1988	83	10	4	1	1	1	.28	.78	3072
Sex										
Male	1986	85	7	4	2	1	1	.28	.82	2673
	1987	84	9	3	2	1	0	.28	.79	1884
	1988	83	11	4	1	1	1	.28	.75	2678
Female	1986	87	6	4	1	1	1	.27	.83	325
	1987	87	5	4	2	1	1	.29	.89	261
	1988	87	5	3	2	1	2	.30	.92	390
Rank										
Officer	1986	94	3	1	1	.	1	.11	.58	346
	1987	91	5	2	1	1	.	.14	.53	313
	1988	91	5	2	1	0	0	.14	.53	491
Enlisted	1986	85	8	4	2	1	1	.30	.85	2651
	1987	84	9	4	2	1	1	.30	.82	1830
	1988	82	11	4	1	1	1	.30	.80	2561
Age										
< 20 yrs.	1986	82	7	9	.	1	.	.32	.76	119
	1987	72	16	9	2	2	.	.46	.85	65
	1988	77	15	4	2	2	1	.40	.91	127
20-24	1986	86	8	4	2	0	1	.26	.78	1012
	1987	86	7	3	1	1	1	.25	.77	474
	1988	84	11	3	2	1	1	.27	.75	701
25-29	1986	87	7	3	2	1	1	.24	.75	757
	1987	88	7	3	2	1	1	.24	.77	545
	1988	84	11	3	1	1	1	.25	.71	806
30-34	1986	85	7	4	2	1	1	.31	.88	496
	1987	83	10	2	3	2	0	.31	.83	435
	1988	86	7	4	2	0	0	.25	.71	604
35+	1986	85	7	2	3	2	2	.33	.97	608
	1987	83	9	4	2	1	1	.31	.82	578
	1988	82	10	4	1	1	2	.33	.89	795
Time in Service										
< 3 yrs.	1986	94	8	5	1	1	0	.28	.75	608
	1987	82	11	4	1	2	.	.32	.82	192
	1988	80	14	2	2	1	1	.33	.82	444
3-10	1986	87	6	4	2	0	1	.25	.79	1276
	1987	86	7	3	2	1	1	.28	.83	993
	1988	85	9	3	1	1	1	.24	.73	1258
11-20	1986	86	7	3	1	1	1	.29	.89	661
	1987	86	8	3	2	1	0	.25	.74	695
	1988	84	9	4	2	0	1	.30	.82	940
> 20	1986	85	6	2	3	1	3	.39	1.11	148
	1987	78	13	6	.	2	0	.35	.82	151
	1988	83	11	4	1	.	1	.27	.73	215
Community										
Land	1986	88	6	3	1	1	1	.24	.76	1682
	1987	85	8	4	2	1	0	.28	.78	1226
	1988	83	10	4	2	0	1	.28	.76	1605
Surface	1986	81	9	5	2	1	1	.37	.93	1045
	1987	83	11	3	1	2	0	.29	.77	506
	1988	81	12	3	2	2	1	.32	.85	719
Sub	1986	90	5	2	2	.	2	.23	.84	133
	1987	84	8	4	2	.	2	.32	.90	122
	1988	88	10	1	.	.	1	.16	.55	108
Air	1986	90	4	2	3	.	.	.18	.63	138
	1987	88	7	1	.	1	2	.27	.94	146
	1988	89	7	2	2	.	1	.21	.74	121

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
32. Nausea/vomiting

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
<u>Overall</u>	1986	93	5	1	1	0	0	.13	.52	3004
	1987	92	5	2	0	0	1	.14	.58	2156
	1988	90	8	2	0	0	0	.16	.56	3070
<u>Sex</u>										
Male	1986	93	4	1	1	0	0	.10	.46	2678
	1987	93	5	2	0	0	1	.12	.54	1884
	1988	90	8	1	0	0	0	.12	.43	2678
Female	1986	87	5	2	3	2	0	.30	.87	326
	1987	85	8	3	2	1	1	.29	.83	263
	1988	83	8	3	1	2	3	.40	1.09	389
<u>Rank</u>										
Officer	1986	96	2	1	0	.	.	.06	.32	347
	1987	97	2	0	0	.	0	.05	.35	312
	1988	97	1	1	0	1	0	.07	.45	490
Enlisted	1986	92	5	1	1	0	0	.13	.54	2655
	1987	91	5	2	0	0	1	.15	.60	1833
	1988	89	8	2	0	0	0	.17	.57	2561
<u>Age</u>										
< 20 yrs.	1986	90	8	1	1	.	.	.13	.43	118
	1987	90	7	2	.	2	.	.16	.60	65
	1988	81	12	5	1	.	1	.30	.77	127
20-24	1986	92	5	1	2	0	0	.14	.55	1011
	1987	91	4	3	1	0	1	.18	.69	475
	1988	87	8	3	0	1	1	.22	.70	701
25-29	1986	91	5	2	1	1	0	.15	.58	761
	1987	90	6	2	1	0	1	.18	.67	546
	1988	90	9	1	0	0	0	.12	.41	806
30-34	1986	93	4	1	1	1	0	.12	.55	498
	1987	93	4	1	0	0	0	.12	.50	434
	1988	92	7	1	1	0	.	.12	.45	605
35+	1986	96	3	1	.	.	0	.06	.34	610
	1987	94	5	106	.27	579
	1988	93	5	1	0	0	0	.11	.51	793
<u>Time in Service</u>										
< 3 yrs.	1986	90	6	2	2	0	0	.19	.64	609
	1987	90	5	2	.	1	3	.25	.92	191
	1988	86	10	3	1	0	1	.22	.66	443
3-10	1986	93	5	1	1	0	0	.11	.49	1276
	1987	91	5	2	1	0	1	.16	.64	996
	1988	90	7	2	0	0	0	.14	.51	1257
11-20	1986	95	3	1	0	.	0	.08	.43	666
	1987	94	5	1	0	.	0	.07	.32	695
	1988	92	6	1	0	0	0	.11	.46	941
> 20	1986	97	303	.17	148
	1987	92	6	109	.34	151
	1988	94	4	1	.	1	0	.13	.62	215
<u>Community</u>										
Land	1986	93	4	1	1	1	0	.13	.54	1687
	1987	91	6	1	0	0	1	.15	.58	1229
	1988	90	7	2	0	0	1	.17	.62	1603
Surface	1986	92	5	1	1	.	0	.13	.51	1047
	1987	93	5	2	.	0	1	.12	.57	505
	1988	89	9	1	1	0	.	.14	.46	721
Sub	1986	93	4	2	1	.	.	.10	.41	132
	1987	93	4	1	1	.	1	.15	.66	122
	1988	91	6	311	.39	108
Air	1986	94	3	1	2	.	.	.11	.47	138
	1987	91	2	4	1	1	0	.20	.72	146
	1988	93	3	.	1	3	.	.17	.72	120

PHYSICAL SYMPTOMS CHECKLIST

During the last 7 days how much have you experienced ...
34. Back problems.

	Yr.	%						Mean	SD	N
		0 Did not experience	1 Very little	2 Some	3 Moderate	4 A lot	5 A great deal			
Overall	1986	73	11	7	4	3	2	.58	1.15	2150
	1987	73	11	7	4	3	2	.58	1.15	2150
	1988	73	12	7	3	3	2	.55	1.12	3069
<u>Sex</u>										
Male	1986	73	11	7	4	3	2	.58	1.15	1881
	1987	73	11	7	4	3	2	.58	1.15	1881
	1988	73	12	7	3	3	2	.55	1.10	2677
Female	1986	74	9	8	4	2	2	.57	1.16	260
	1987	74	9	8	4	2	2	.57	1.16	260
	1988	75	10	8	1	3	3	.58	1.22	388
<u>Rank</u>										
Officer	1986	79	10	4	3	3	1	.45	1.06	313
	1987	79	10	4	3	3	1	.45	1.06	313
	1988	77	9	8	3	2	1	.46	1.01	487
Enlisted	1986	72	11	8	4	3	2	.59	1.16	1826
	1987	72	11	8	4	3	2	.59	1.16	1826
	1988	73	12	7	3	3	2	.57	1.14	2562
<u>Age</u>										
< 20 yrs.	1986	71	17	5	6	.	1	.51	.98	65
	1987	71	17	5	6	.	1	.51	.98	65
	1988	70	16	6	2	4	1	.55	1.06	126
20-24	1986	75	11	6	4	3	2	.53	1.11	470
	1987	75	11	6	4	3	2	.53	1.11	470
	1988	72	13	6	3	3	2	.60	1.20	701
25-29	1986	77	9	8	2	2	3	.51	1.13	544
	1987	77	9	8	2	2	3	.51	1.13	544
	1988	77	9	8	3	3	1	.48	1.05	807
30-34	1986	71	12	8	4	3	2	.63	1.21	435
	1987	71	12	8	4	3	2	.63	1.21	435
	1988	76	12	7	3	2	1	.47	.99	604
35+	1986	68	13	8	5	4	2	.66	1.21	580
	1987	68	13	8	5	4	2	.66	1.21	580
	1988	69	13	9	4	2	3	.65	1.21	793
<u>Time in Service</u>										
< 3 yrs.	1986	77	13	3	4	2	1	.45	1.02	191
	1987	77	13	3	4	2	1	.45	1.02	191
	1988	71	15	6	3	3	2	.59	1.14	445
3-10	1986	75	10	8	3	2	2	.52	1.10	989
	1987	75	10	8	3	2	2	.52	1.10	989
	1988	75	11	7	3	3	1	.51	1.08	1255
11-20	1986	69	12	9	5	3	2	.68	1.23	697
	1987	69	12	9	5	3	2	.68	1.23	697
	1988	71	13	8	3	2	2	.60	1.16	940
> 20	1986	69	15	7	2	5	2	.65	1.22	150
	1987	69	15	7	2	5	2	.65	1.22	150
	1988	72	11	10	3	3	1	.58	1.13	216
<u>Community</u>										
Land	1986	73	11	7	4	3	2	.57	1.15	1226
	1987	73	11	7	4	3	2	.57	1.15	1226
	1988	73	12	7	3	2	2	.55	1.11	1602
Surface	1986	77	12	7	5	3	1	.58	1.10	503
	1987	77	12	7	5	3	1	.58	1.10	503
	1988	71	12	8	3	4	2	.61	1.18	719
Sub	1986	82	6	5	2	2	2	.43	1.08	122
	1987	82	6	5	2	2	2	.43	1.08	122
	1988	80	12	4	3	0	0	.32	.77	108
Air	1986	73	9	10	2	1	5	.63	1.29	145
	1987	73	9	10	2	1	5	.63	1.29	145
	1988	81	5	8	3	2	1	.42	1.01	121

BLOOD PRESSURE

39. Has a doctor ever told you that you have high blood pressure?

	<u>Yr.</u>	<u>%</u>		<u>N</u>
		0 No	1 Yes	
<u>Overall</u>	1986	89	11	2988
	1987	87	13	2083
	1988	88	12	2985
<u>Sex</u>				
Male	1986	89	11	2668
	1987	86	14	1852
	1988	87	13	2651
Female	1986	96	4	320
	1987	94	6	223
	1988	96	4	330
<u>Rank</u>				
Officer	1986	87	13	325
	1987	87	13	218
	1988	86	14	315
Enlisted	1986	90	10	2661
	1987	87	13	1856
	1988	88	12	2651
<u>Age</u>				
< 20 yrs.	1986	93	7	138
	1987	95	5	84
	1988	95	5	177
20-24	1986	92	8	1060
	1987	90	10	541
	1988	93	7	839
25-29	1986	90	10	754
	1987	90	10	535
	1988	89	11	760
30-34	1986	89	11	467
	1987	85	15	392
	1988	86	14	533
35+	1986	83	17	563
	1987	81	19	477
	1988	81	19	640
<u>Time in Service</u>				
< 3 yrs.	1986	92	8	627
	1987	95	5	215
	1988	94	6	535
3-10	1986	91	9	1291
	1987	89	11	993
	1988	90	10	1196
11-20	1986	86	14	634
	1987	84	16	619
	1988	82	18	835
> 20	1986	77	23	139
	1987	76	24	132
	1988	79	21	180
<u>Community</u>				
Land	1986	89	11	1654
	1987	87	13	1170
	1988	88	12	1491
Surface	1986	90	10	1066
	1987	86	14	520
	1988	89	11	806
Sub	1986	84	16	131
	1987	90	10	116
	1988	85	15	98
Air	1986	90	10	138
	1987	89	11	137
	1988	83	17	104

BLOOD PRESSURE

If a doctor has ever told you that you have high blood pressure, is it currently controlled to within normal limits?

If YES, is it controlled with:

	Yr.	%			N	%				
		No	Yes	Don't know		Medication	Weight control	Exercise	Diet	Other
Overall	1986	8	73	19	288	27	27	45	-	25
	1987	6	79	16	266	22	36	46	42	22
	1988	5	78	17	358	21	31	54	46	19
Sex										
Male	1986	8	73	19	277	26	27	46	-	25
	1987	6	78	16	252	24	36	48	42	21
	1988	5	78	17	343	21	32	55	47	18
Female	1986	16	61	22	12	57	29	13	-	38
	1987	3	95	3	13	3	24	17	30	38
	1988	14	72	15	14	17	11	23	35	35
Rank										
Officer	1986	5	78	17	39	20	29	48	-	30
	1987	11	25	0	28	20	57	73	48	11
	1988	3	94	3	43	20	55	70	56	15
Enlisted	1986	8	72	20	248	28	26	44	-	24
	1987	5	77	18	237	23	33	42	41	23
	1988	5	76	19	314	21	27	51	45	20
Age										
< 20 years	1986	0	69	31	7	0	20	60	-	40
	1987	0	39	61	4	0	22	100	22	0
	1988	0	68	32	8	0	0	100	28	0
20-24	1986	7	62	31	74	13	33	54	-	33
	1987	7	66	27	57	6	18	30	48	22
	1988	9	65	26	62	10	4	52	36	21
25-29	1986	15	77	8	64	12	31	50	-	39
	1987	6	83	10	54	11	45	56	43	26
	1988	1	76	22	82	17	34	58	41	27
30-34	1986	3	65	32	46	30	23	52	-	13
	1987	6	79	16	60	30	34	37	41	28
	1988	5	80	14	78	13	34	41	45	22
35+	1986	7	81	12	93	45	24	32	-	16
	1987	4	88	8	89	32	40	51	38	16
	1988	6	86	8	124	32	40	57	54	13
Time in Service										
< 3 years	1986	8	57	35	42	4	24	58	-	42
	1987	0	64	36	11	14	24	29	29	24
	1988	6	65	30	31	9	7	48	29	17
3-10	1986	10	75	15	104	18	27	56	-	29
	1987	7	74	19	113	10	37	49	47	25
	1988	4	74	21	115	9	29	57	39	24
11-20	1986	6	72	22	87	35	29	32	-	21
	1987	6	81	13	98	29	32	50	40	16
	1988	7	78	14	145	21	38	49	50	17
> 20	1986	7	77	16	31	30	17	25	-	13
	1987	6	87	7	31	36	44	37	34	20
	1988	2	96	2	38	39	39	64	52	13
Community										
Land	1986	10	76	14	161	31	29	45	-	22
	1987	4	84	12	148	23	38	47	40	19
	1988	7	85	8	175	26	36	50	47	16
Surface	1986	6	62	32	95	25	19	39	-	25
	1987	9	65	26	74	19	36	43	40	25
	1988	5	67	28	88	13	19	59	37	21
Sub	1986	6	89	4	19	13	50	59	-	44
	1987	11	77	11	12	0	43	62	75	60
	1988	3	81	16	14	0	30	38	38	42
Air	1986	0	80	20	4	9	9	45	-	27
	1987	0	89	11	15	23	15	29	32	19
	1988	0	84	16	19	6	31	83	68	6

Percentages will not necessarily total to 100% since respondents could circle multiple methods of blood pressure control.

EATING HABITS AND NUTRITION

EATING HABITS AND NUTRITION

- o Officers tended to have better eating habits than enlisted personnel (e.g., officers ate breakfast more regularly, added salt less often, and chose low-fat foods and high-fiber grains and produce more often than did enlisted personnel).
- o Women generally reported better eating habits than men (e.g., women more often ate low-fat dairy products and leafy vegetables; men ate more high-fat foods, eggs, sugar, and protein).
- o The youngest age group (under 20 years) reported eating breakfast more often than older individuals. However, they also ate more high-fat meat and dairy products, fried foods, saturated fats, salt, eggs, and sugar. The oldest age group (35+ years) most often ate fish, leafy vegetables, and polyunsaturated fats.
- o Officers and women indicated greater willingness to change eating habits to improve health, had a lower preference for fatty meat, were more likely to believe that being overweight is bad for health, and were more likely to eat when depressed or under stress than enlisted personnel and men.
- o Enlisted personnel and women indicated lower perceived control over bad food habits than did officers and men.
- o Individuals who had been in the Navy longer were more likely to believe that being overweight was bad for health and that overweight people can never look good.
- o Surface community members, and to a lesser extent submariners, reported eating more high fat, high cholesterol foods (high fat meats and dairy products, butter, fried foods, eggs), as well as more salt and starchy vegetables, than did the air and shore communities.
- o Air personnel ate breakfast more regularly than did the other communities.
- o Among the T1-T2-T3 Cohort, there were several small but statistically significant

time effects indicating a slight improvement in nutritional intake from 1986 to 1988. Trends over this time frame indicated that people...

Increased consumption of:

- * Lean meats.
- * Fish.
- * Low-fat dairy products.
- * "Leafy" vegetables.
- * High-fiber grains.

Decreased consumption of:

- * Butter/saturated fats.
- * Fried foods.

EATING HABITS

1. During the last 7 days, how often did you eat breakfast?

		<u>f</u>					<u>Mean</u>	<u>SD</u>	<u>N</u>
<u>Yr.</u>		0 Never this week	1 1-2 times this week	2 3-4 times this week	3 5-6 times this week	4 Every day this week			
<u>Overall</u>	1986
	1987	20	32	17	10	20	1.79	1.41	2161
	1988	19	34	17	11	19	1.76	1.38	3073
<u>Sex</u>									
Male	1986
	1987	19	32	18	10	20	1.80	1.40	1890
	1988	18	35	17	11	19	1.77	1.37	2682
Female	1986
	1987	21	34	14	9	22	1.77	1.44	262
	1988	27	31	15	9	18	1.60	1.44	387
<u>Rank</u>									
Officer	1986
	1987	10	26	11	18	34	2.39	1.44	313
	1988	11	23	15	16	35	2.40	1.44	489
Enlisted	1986
	1987	21	33	18	9	19	1.73	1.39	1837
	1988	20	36	17	10	17	1.66	1.35	2564
<u>Age</u>									
< 20 yrs.	1986
	1987	.	3	4	13	81	3.71	.68	67
	1988	17	28	11	14	30	2.12	1.52	127
20-24	1986
	1987	16	35	20	11	18	1.79	1.33	474
	1988	20	35	19	10	16	1.68	1.34	701
25-29	1986
	1987	21	33	20	10	16	1.66	1.34	547
	1988	19	34	19	10	18	1.74	1.36	805
30-34	1986
	1987	23	34	16	9	18	1.64	1.39	434
	1988	21	34	16	11	18	1.72	1.39	603
35+	1986
	1987	21	34	15	10	20	1.73	1.41	582
	1988	19	35	16	10	20	1.77	1.40	798
<u>Time in Service</u>									
< 3 yrs.	1986
	1987	11	22	11	11	45	2.57	1.50	194
	1988	19	31	20	12	19	1.81	1.38	444
3-10	1986
	1987	18	34	21	11	17	1.74	1.33	995
	1988	19	36	18	10	18	1.73	1.36	1254
11-20	1986
	1987	25	34	15	9	17	1.60	1.40	697
	1988	19	36	16	10	18	1.72	1.37	943
> 20	1986
	1987	15	42	16	7	21	1.78	1.37	152
	1988	21	34	16	9	21	1.74	1.43	218
<u>Community</u>									
Land	1986
	1987	22	30	14	9	24	1.83	1.49	1233
	1988	22	35	15	8	20	1.70	1.42	1604
Surface	1986
	1987	17	37	22	10	14	1.68	1.26	506
	1988	17	32	20	14	18	1.85	1.36	724
Sub	1986
	1987	15	36	19	12	18	1.82	1.34	123
	1988	12	43	28	12	5	1.55	1.02	108
Air	1986
	1987	16	30	21	14	20	1.92	1.36	146
	1988	23	30	14	11	22	1.81	1.49	120

EATING HABITS

2. During the last 7 days, how often did you eat lunch?

Yr.		f					Mean	SD	N
		0 Never this week	1 1-2 times this week	2 3-4 times this week	3 5-6 times this week	4 Every day this week			
<u>Overall</u>									
	1986	4	13	20	19	44	2.87	1.23	2159
	1987								
	1988	3	12	22	21	42	2.86	1.18	3067
<u>Sex</u>									
Male	1986	4	12	20	19	45	2.88	1.22	1889
	1987	4	11	22	21	43	2.89	1.17	2677
	1988	3							
Female	1986	2	19	22	17	40	2.73	1.23	261
	1987	4	15	26	21	33	2.64	1.21	386
	1988								
<u>Rank</u>									
Officer	1986	3	9	18	22	48	3.03	1.13	312
	1987	3	8	19	25	46	3.03	1.10	489
	1988								
Enlisted	1986	4	13	20	19	44	2.85	1.24	1836
	1987	4	12	23	20	41	2.84	1.19	2558
	1988	3							
<u>Age</u>									
< 20 yrs.	1986	2	2	6	8	84	3.73	.67	67
	1987		9	15	17	57	3.19	1.10	127
	1988	2							
20-24	1986	4	11	20	20	45	2.92	1.20	474
	1987	3	10	24	18	45	2.93	1.15	700
	1988								
25-29	1986	5	12	21	21	41	2.80	1.24	547
	1987	3	12	22	24	40	2.86	1.15	801
	1988								
30-34	1986	4	16	23	21	36	2.68	1.22	432
	1987	3	14	23	20	39	2.77	1.21	603
	1988								
35+	1986	4	13	18	17	48	2.91	1.25	582
	1987	4	13	22	22	39	2.77	1.22	798
	1988	5							
<u>Time in Service</u>									
< 3 yrs.	1986	1	6	15	12	66	3.38	.99	194
	1987	3	11	18	18	50	3.02	1.17	444
	1988								
3-10	1986	4	13	20	21	42	2.82	1.22	994
	1987	3	11	24	21	42	2.88	1.15	1249
	1988								
11-20	1986	5	15	20	21	40	2.75	1.25	696
	1987	4	14	23	22	37	2.74	1.21	943
	1988								
> 20	1986	2	14	20	14	49	2.95	1.20	152
	1987	2	13	21	23	41	2.87	1.15	218
	1988								
<u>Community</u>									
Land	1986	4	15	18	18	45	2.84	1.26	1233
	1987	3	12	22	20	43	2.88	1.18	1601
	1988								
Surface	1986	2	11	19	21	45	2.92	1.18	506
	1987	2	12	23	21	42	2.88	1.15	722
	1988								
Sub	1986	1	11	24	28	36	2.86	1.08	123
	1987	2	13	35	19	30	2.64	1.10	108
	1988								
Air	1986	6	5	30	19	41	2.84	1.18	145
	1987	3	16	20	19	42	2.83	1.23	120
	1988								

EATING HABITS

3. During the last 7 days, how often did you eat dinner?

Yr.		%					Mean	SD	N
		0 Never this week	1 1-2 times this week	2 3-4 times this week	3 5-6 times this week	4 Every day this week			
Overall	1986	1	5	12	18	65	3.41	.92	2156
	1987	1	4	14	21	60	3.35	.94	3070
	1988								
<u>Sex</u>									
Male	1986	1	4	12	17	66	3.43	.92	1886
	1987	1	4	13	20	62	3.40	.91	2680
	1988								
Female	1986	0	7	16	20	56	3.25	.99	261
	1987	1	9	22	24	44	3.00	1.07	386
	1988								
<u>Rank</u>									
Officer	1986	1	1	5	15	77	3.67	.70	312
	1987	0	2	6	18	74	3.63	.71	489
	1988								
Enlisted	1986	1	5	13	18	63	3.38	.94	1833
	1987	1	5	15	21	58	3.31	.96	2561
	1988								
<u>Age</u>									
< 20 yrs.	1986	.	5	6	6	83	3.67	.80	67
	1987	2	5	18	16	60	3.28	1.02	126
	1988								
20-24	1986	1	6	16	18	59	3.27	1.02	472
	1987	1	6	20	23	50	3.14	1.02	700
	1988								
25-29	1986	1	4	13	20	62	3.38	.92	547
	1987	0	3	14	22	61	3.39	.86	805
	1988								
30-34	1986	0	4	13	22	61	3.39	.89	432
	1987	1	5	10	21	63	3.40	.93	602
	1988								
35+	1986	1	4	9	13	74	3.57	.84	581
	1987	1	3	8	18	71	3.54	.82	798
	1988								
<u>Time in Service</u>									
< 3 yrs.	1986	1	7	9	16	68	3.43	.96	193
	1987	1	5	21	21	53	3.20	.99	444
	1988								
3-10	1986	1	6	15	19	60	3.32	.97	994
	1987	1	5	15	22	57	3.29	.96	1253
	1988								
11-20	1986	1	3	9	18	69	3.52	.83	694
	1987	1	3	10	20	67	3.48	.85	942
	1988								
> 20	1986	.	3	7	13	77	3.63	.76	152
	1987	.	4	4	18	74	3.62	.74	218
	1988								
<u>Community</u>									
Land	1986	0	3	10	16	70	3.52	.84	1233
	1987	1	4	12	19	65	3.44	.88	1603
	1988								
Surface	1986	1	7	16	20	55	3.21	1.03	504
	1987	2	7	19	22	51	3.13	1.06	723
	1988								
Sub	1986	1	1	19	19	60	3.34	.92	123
	1987	.	3	23	37	37	3.07	.85	108
	1988								
Air	1986	1	6	11	21	61	3.35	.97	145
	1987	2	1	10	19	68	3.49	.89	120
	1988								

EATING HABITS

4. During the last 7 days, how often did you eat snacks between meals?

	Yr.	%					Mean	SD	N
		0 Never this week	1 1-2 times this week	2 3-4 times this week	3 5-6 times this week	4 Every day this week			
Overall	1986								
	1987	13	38	27	9	12	1.69	1.19	2155
	1988	11	35	28	12	14	1.82	1.21	3063
Sex									
Male	1986								
	1987	13	39	27	9	12	1.70	1.18	1885
	1988	11	35	28	12	14	1.84	1.20	2675
Female	1986								
	1987	19	34	25	11	11	1.62	1.23	261
	1988	15	39	25	7	14	1.66	1.22	384
Rank									
Officer	1986								
	1987	16	35	30	10	10	1.62	1.16	312
	1988	13	40	25	12	10	1.67	1.15	489
Enlisted	1986								
	1987	13	39	27	9	13	1.70	1.19	1832
	1988	11	35	28	11	15	1.83	1.21	2554
Age									
< 20 yrs.	1986								
	1987	19	52	17	7	6	1.29	1.03	67
	1988	10	24	33	16	17	2.06	1.22	126
20-24	1986								
	1987	12	34	28	11	15	1.82	1.22	473
	1988	9	32	29	14	16	1.96	1.20	699
25-29	1986								
	1987	10	37	30	10	13	1.77	1.16	543
	1988	9	36	27	12	15	1.87	1.20	801
30-34	1986								
	1987	12	35	29	10	14	1.77	1.20	434
	1988	13	38	26	10	14	1.75	1.21	601
35+	1986								
	1987	18	43	24	7	9	1.47	1.14	582
	1988	16	39	26	9	9	1.56	1.15	797
Time in Service									
< 3 yrs.	1986								
	1987	16	41	21	12	11	1.61	1.21	193
	1988	10	30	28	14	18	2.00	1.25	443
3-10	1986								
	1987	11	37	28	10	13	1.78	1.18	990
	1988	10	36	28	12	15	1.87	1.20	1251
11-20	1986								
	1987	14	37	29	8	12	1.67	1.18	697
	1988	12	38	28	10	12	1.73	1.17	939
> 20	1986								
	1987	21	49	21	5	5	1.25	.99	152
	1988	17	43	22	8	10	1.50	1.17	218
Community									
Land	1986								
	1987	15	35	26	10	13	1.72	1.23	1230
	1988	12	35	27	12	14	1.83	1.22	1601
Surface	1986								
	1987	11	42	28	8	11	1.66	1.12	503
	1988	12	35	28	12	14	1.80	1.21	720
Sub	1986								
	1987	9	45	31	7	8	1.62	1.03	123
	1988	7	34	26	15	19	2.04	1.23	108
Air	1986								
	1987	11	37	28	9	15	1.81	1.21	146
	1988	10	35	34	8	14	1.81	1.17	120

EATING HABITS

5. During the last 7 days, how often did you overeat?

		%					Mean	SD	N
Yr.		0 Never this week	1 1-2 times this week	2 3-4 times this week	3 5-6 times this week	4 Every day this week			
Overall	1986	61	30	6	2	2	.55	.85	2148
	1987								
	1988	60	31	6	2	2	.54	.82	3052
<u>Sex</u>									
Male	1986								
	1987	60	30	6	2	2	.56	.86	1878
	1988	59	32	6	2	2	.55	.81	2663
Female	1986								
	1987	64	27	6	2	0	.47	.74	261
	1988	67	25	4	1	3	.47	.84	385
<u>Rank</u>									
Officer	1986								
	1987	51	40	5	3	1	.63	.81	312
	1988	54	40	5	1	0	.54	.67	486
Enlisted	1986								
	1987	62	29	6	2	2	.54	.85	1825
	1988	60	30	6	2	2	.55	.83	2546
<u>Age</u>									
< 20 yrs.	1986								
	1987	64	23	8	0	5	.58	.99	67
	1988	64	23	5	4	4	.61	1.04	127
20-24	1986								
	1987	62	26	6	3	3	.58	.92	473
	1988	61	30	5	2	2	.55	.86	697
25-29	1986								
	1987	58	32	7	2	1	.58	.82	540
	1988	59	33	6	1	1	.53	.77	799
30-34	1986								
	1987	60	32	4	3	1	.52	.77	431
	1988	57	34	6	1	2	.57	.81	599
35+	1986								
	1987	61	31	4	1	2	.51	.80	580
	1988	60	32	6	1	1	.51	.73	792
<u>Time in Service</u>									
< 3 yrs.	1986								
	1987	64	24	7	2	3	.55	.92	192
	1988	65	26	4	3	2	.50	.85	442
3-10	1986								
	1987	60	30	6	2	2	.56	.85	989
	1988	58	34	6	1	2	.55	.79	1244
11-20	1986								
	1987	60	31	5	2	2	.55	.83	692
	1988	57	33	6	2	1	.57	.80	937
> 20	1986								
	1987	66	30	2	1	1	.41	.69	152
	1988	65	29	4	1	1	.44	.70	216
<u>Community</u>									
Land	1986								
	1987	59	30	6	2	2	.58	.88	1226
	1988	59	32	6	1	2	.55	.82	1593
Surface	1986								
	1987	65	25	5	3	2	.52	.88	502
	1988	64	27	5	3	2	.52	.85	718
Sub	1986								
	1987	51	40	6	1	2	.63	.80	123
	1988	43	45	8	4	.	.73	.77	108
Air	1986								
	1987	59	35	4	1	0	.48	.67	145
	1988	56	41	2	1	.	.48	.59	118

EATING HABITS

6. During the last 7 days, how often did you fast (not eat) an entire day?

	Yr.	f					Mean	SD	N
		0 Never this week	1 1-2 times this week	2 3-4 times this week	3 5-6 times this week	4 Every day this week			
Overall	1986			
	1987	91	1	1	0	1	.11	.42	2135
	1988	88	0	1	0	0	.14	.43	3022
Sex									
Male	1986			
	1987	91	1	1	0	1	.11	.43	1868
	1988	89	10	1	0	0	.13	.42	2639
Female	1986			
	1987	91	8	0	.	.	.09	.30	258
	1988	81	16	2	1	.	.23	.51	379
Rank									
Officer	1986			
	1987	99	1	0	.	.	.02	.16	310
	1988	96	3	0	.	.	.04	.21	483
Enlisted	1986			
	1987	90	8	1	0	1	.12	.44	1814
	1988	87	11	1	0	0	.15	.45	2519
Age									
< 20 yrs.	1986			
	1987	80	9	.	2	9	.51	1.21	66
	1988	83	14	2	1	1	.22	.59	127
20-24	1986			
	1987	89	9	1	.	0	.12	.40	470
	1988	86	12	2	0	1	.18	.52	687
25-29	1986			
	1987	92	8	0	.	.	.09	.30	541
	1988	89	11	0	0	0	.12	.38	788
30-34	1986			
	1987	91	8	1	.	.	.10	.32	429
	1988	91	7	1	0	0	.12	.42	598
35+	1986			
	1987	95	5	0	.	0	.07	.32	573
	1988	91	9	1	.	.	.10	.31	784
Time in Service									
< 3 yrs.	1986			
	1987	87	8	1	1	4	.26	.83	191
	1988	83	14	2	1	0	.21	.53	437
3-10	1986			
	1987	91	8	1	.	0	.10	.34	987
	1988	90	9	1	0	0	.12	.42	1233
11-20	1986			
	1987	92	7	1	.	0	.09	.35	686
	1988	90	9	1	.	0	.12	.38	929
> 20	1986			
	1987	97	303	.17	150
	1988	92	7	1	.	.	.09	.31	214
Community									
Land	1986			
	1987	92	7	0	0	1	.11	.45	1216
	1988	89	10	1	0	0	.13	.42	1570
Surface	1986			
	1987	89	9	2	.	0	.13	.42	500
	1988	84	13	2	0	0	.15	.50	717
Sub	1986			
	1987	90	9	1	.	.	.11	.35	123
	1988	82	15	2	.	1	.24	.61	106
Air	1986			
	1987	94	5	1	.	.	.06	.26	145
	1988	91	909	.29	118

EATING HABITS

1. During the last 7 days, how often did you add salt to your food at the table?

	Yr.	%							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall	1986	2.14	2.01	2152
	1987	28	21	14	7	13	8	9	2.14	2.01	2152
	1988	30	22	14	7	11	7	8	2.02	1.98	3051
<u>Sex</u>											
Male	1986	2.21	2.03	1882
	1987	28	20	14	7	13	8	9	2.21	2.03	1882
	1988	30	21	14	8	11	8	8	2.06	1.99	2661
Female	1986	1.57	1.76	261
	1987	34	30	12	7	8	2	6	1.57	1.76	261
	1988	33	29	11	5	10	4	7	1.71	1.87	386
<u>Rank</u>											
Officer	1986	1.43	1.64	313
	1987	40	25	12	6	10	4	2	1.43	1.64	313
	1988	42	26	12	5	10	4	2	1.34	1.60	488
Enlisted	1986	2.22	2.03	1828
	1987	27	20	14	7	13	8	10	2.22	2.03	1828
	1988	29	21	14	8	12	8	9	2.11	2.00	2543
<u>Age</u>											
< 20 yrs.	1986	2.87	2.40	67
	1987	22	19	11	6	9	5	29	2.87	2.40	67
	1988	21	21	13	10	8	12	15	2.58	2.16	124
20-24	1986	2.19	1.92	471
	1987	25	21	16	9	15	8	7	2.19	1.92	471
	1988	27	21	15	8	12	7	10	2.14	2.00	694
25-29	1986	2.12	1.98	542
	1987	29	20	15	6	14	9	7	2.12	1.98	542
	1988	29	22	13	8	12	8	7	2.03	1.96	800
30-34	1986	2.27	2.08	433
	1987	26	22	13	6	14	7	12	2.27	2.08	433
	1988	35	21	14	5	14	5	6	1.83	1.91	597
35+	1986	1.93	1.97	582
	1987	33	23	11	8	11	7	8	1.93	1.97	582
	1988	34	23	13	7	10	7	7	1.84	1.93	798
<u>Time in Service</u>											
< 3 yrs.	1986	2.59	2.23	193
	1987	25	20	9	6	15	9	17	2.59	2.23	193
	1988	26	23	12	8	10	10	11	2.24	2.07	422
3-10	1986	2.01	1.92	988
	1987	29	22	16	7	12	7	7	2.01	1.92	988
	1988	30	22	15	8	12	6	7	2.00	1.93	1242
11-20	1986	2.28	2.03	696
	1987	27	19	15	8	13	9	9	2.28	2.03	696
	1988	34	23	13	6	12	6	6	1.81	1.88	939
> 20	1986	1.69	1.85	152
	1987	34	30	7	6	12	6	5	1.69	1.85	152
	1988	35	20	12	7	9	8	9	1.95	2.05	218
<u>Community</u>											
Land	1986	2.04	1.99	1227
	1987	30	21	14	7	13	6	9	2.04	1.99	1227
	1988	32	22	14	8	11	7	7	1.89	1.91	1594
Surface	1986	2.52	2.07	503
	1987	21	20	14	7	12	13	11	2.52	2.07	503
	1988	23	21	16	8	12	9	11	2.37	2.04	716
Sub	1986	1.85	1.94	123
	1987	37	17	14	7	9	11	4	1.85	1.94	123
	1988	40	16	13	7	10	8	6	1.76	1.97	108
Air	1986	2.00	1.95	146
	1987	30	23	10	11	13	5	8	2.00	1.95	146
	1988	31	30	10	6	13	2	8	1.79	1.90	119

EATING HABITS

2. During the last 7 days, how often did you eat high-fat meat (e.g., hamburger, steak)?

	Yr.	f							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 or 4 times this wk.	3 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall	1986	1.98	1.32	2157
	1987	7	36	32	11	9	3	2	2.00	1.33	2157
	1988	6	36	32	12	8	2	3			3063
Sex											
Male	1986	2.05	1.34	1886
	1987	6	34	33	12	10	3	3	2.04	1.32	2674
	1988	5	35	33	12	9	3	3			2674
Female	1986	1.41	.90	262
	1987	11	49	29	8	2	0	.	1.63	1.31	385
	1988	14	43	25	11	5	.	3			385
Rank											
Officer	1986	1.66	1.09	313
	1987	8	46	26	12	6	0	1	1.61	.95	489
	1988	7	44	34	10	3	1	.			489
Enlisted	1986	2.02	1.34	1833
	1987	7	34	33	11	9	3	3	2.05	1.36	2554
	1988	6	35	32	12	9	3	3			2554
Age											
< 20 yrs.	1986	2.44	1.48	67
	1987	5	24	33	17	13	3	6	2.35	1.51	127
	1988	3	32	29	17	8	4	7			127
20-24	1986	2.19	1.35	472
	1987	4	33	32	13	12	4	2	2.16	1.36	699
	1988	5	30	34	13	11	3	3			699
25-29	1986	2.00	1.36	547
	1987	9	32	33	12	8	4	2	1.96	1.29	803
	1988	5	40	31	12	8	2	3			803
30-34	1986	1.92	1.28	434
	1987	6	38	33	10	9	1	3	1.92	1.29	599
	1988	7	38	31	11	9	2	2			599
35+	1986	1.73	1.17	581
	1987	8	43	32	8	6	1	2	1.80	1.27	797
	1988	9	38	33	10	5	2	3			797
Time in Service											
< 3 yrs.	1986	2.00	1.46	194
	1987	6	28	28	14	16	4	4	2.29	1.40	443
	1988	4	29	33	13	13	4	4			443
3-10	1986	2.03	1.33	993
	1987	6	34	33	12	9	3	3	1.96	1.27	1249
	1988	6	36	33	12	7	2	2			1249
11-20	1986	1.81	1.24	697
	1987	7	41	32	10	7	2	2	1.89	1.29	941
	1988	8	37	32	11	7	2	3			941
> 20	1986	1.77	1.14	152
	1987	5	44	35	6	7	1	2	1.86	1.29	218
	1988	6	40	35	9	3	4	3			218
Community											
Land	1986	1.84	1.24	1231
	1987	9	37	33	11	6	2	2	1.91	1.28	1597
	1988	7	37	32	12	8	2	2			1597
Surface	1986	2.15	1.40	505
	1987	5	35	31	11	12	4	3	2.22	1.49	722
	1988	6	31	31	13	10	4	5			722
Sub	1986	2.23	1.16	123
	1987	1	27	40	13	16	1	1	1.99	1.17	108
	1988	5	33	38	12	10	2	1			108
Air	1986	2.20	1.45	146
	1987	5	34	29	16	9	3	5	1.89	1.36	119
	1988	9	34	36	12	3	.	6			119

EATING HABITS

3. During the last 7 days, how often did you eat lean meats?

	Yr.	%							Mean	SD	N
		0 Never this week	1 1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall	1986	18	36	28	11	4	1	1	1.54	1.20	2154
	1987	18	36	28	11	4	1	1	1.54	1.20	2154
	1988	16	38	30	9	4	1	2	1.60	1.23	3059
<u>Sex</u>											
Male	1986	18	37	28	11	4	1	1	1.53	1.20	1883
	1987	18	37	28	11	4	1	1	1.53	1.20	1883
	1988	14	38	31	9	4	1	2	1.62	1.21	2669
Female	1986	18	36	27	11	6	2	2	1.57	1.24	262
	1987	18	36	27	11	6	2	2	1.57	1.24	262
	1988	26	36	23	9	2	2	2	1.37	1.29	386
<u>Rank</u>											
Officer	1986	8	35	37	15	4	1	0	1.75	1.01	312
	1987	8	35	37	15	4	1	0	1.75	1.01	312
	1988	5	34	43	11	6	1	1	1.83	1.02	487
Enlisted	1986	20	37	27	10	5	1	1	1.51	1.22	1831
	1987	20	37	27	10	5	1	1	1.51	1.22	1831
	1988	17	38	28	9	4	1	2	1.56	1.25	2552
<u>Age</u>											
< 20 yrs.	1986	12	24	39	12	7	2	5	1.99	1.42	67
	1987	12	24	39	12	7	2	5	1.99	1.42	67
	1988	20	43	19	9	4	1	5	1.54	1.44	127
20-24	1986	19	37	25	12	5	1	2	1.55	1.27	471
	1987	19	37	25	12	5	1	2	1.55	1.27	471
	1988	18	41	26	8	4	1	2	1.51	1.24	700
25-29	1986	19	35	27	12	5	0	1	1.53	1.20	547
	1987	19	35	27	12	5	0	1	1.53	1.20	547
	1988	12	36	37	9	2	2	1	1.61	1.09	803
30-34	1986	19	37	30	8	5	1	0	1.47	1.11	432
	1987	19	37	30	8	5	1	0	1.47	1.11	432
	1988	18	34	30	12	4	1	1	1.56	1.19	596
35+	1986	16	38	29	11	4	1	1	1.56	1.16	580
	1987	16	38	29	11	4	1	1	1.56	1.16	580
	1988	14	37	31	9	6	1	2	1.70	1.29	794
<u>Time in Service</u>											
< 3 yrs.	1986	14	34	28	15	5	1	2	1.77	1.31	193
	1987	14	34	28	15	5	1	2	1.77	1.31	193
	1988	17	44	22	8	5	2	3	1.55	1.34	444
3-10	1986	20	37	26	11	5	1	1	1.51	1.22	992
	1987	20	37	26	11	5	1	1	1.51	1.22	992
	1988	14	34	35	10	3	1	1	1.61	1.11	1249
11-20	1986	17	39	30	9	3	1	1	1.49	1.11	695
	1987	17	39	30	9	3	1	1	1.49	1.11	695
	1988	17	36	30	10	4	2	2	1.60	1.26	936
> 20	1986	17	33	31	13	5	1	0	1.60	1.14	152
	1987	17	33	31	13	5	1	0	1.60	1.14	152
	1988	12	40	31	8	7	1	1	1.65	1.16	218
<u>Community</u>											
Land	1986	18	33	31	11	5	1	1	1.59	1.22	1231
	1987	18	33	31	11	5	1	1	1.59	1.22	1231
	1988	17	34	32	10	4	1	1	1.60	1.21	1597
Surface	1986	21	43	20	10	5	1	1	1.40	1.19	502
	1987	21	43	20	10	5	1	1	1.40	1.19	502
	1988	14	43	26	7	5	2	3	1.62	1.32	721
Sub	1986	9	45	33	8	4	2	1	1.56	1.02	123
	1987	9	45	33	8	4	2	1	1.56	1.02	123
	1988	12	37	33	13	5	2	1	1.67	1.11	108
Air	1986	15	34	33	12	3	2	3	1.66	1.26	145
	1987	15	34	33	12	3	2	3	1.66	1.26	145
	1988	12	35	33	12	2	0	5	1.78	1.37	117

EATING HABITS

4. During the last 7 days, how often did you eat fish?

	Yr.	%							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall	198690	.98	2136
	1987	37	46	11	3	2	0	1	.92	.98	2136
	1988	37	45	12	3	2	0	1	.92	.99	3023
Sex											
Male	198693	1.00	1868
	1987	36	46	12	3	2	0	1	.93	.99	1868
	1988	35	46	13	3	2	0	1	.93	.99	2642
Female	198669	.77	259
	1987	44	46	7	1	2	.	.	.78	1.01	259
	1988	47	39	10	2	1	1	1	.78	1.01	377
Rank											
Officer	1986	1.02	.81	309
	1987	23	57	15	4	1	0	.	1.06	.88	309
	1988	23	55	17	3	1	.	1	1.06	.88	486
Enlisted	198689	.99	1816
	1987	38	45	11	3	2	0	1	.89	.99	1816
	1988	38	44	12	3	2	0	1	.90	1.00	2517
Age											
< 20 yrs.	198644	.72	67
	1987	66	28	3	387	1.15	67
	1988	43	42	9	2	2	.	2	.87	1.15	126
20-24	198680	.93	469
	1987	43	43	10	3	1	.	0	.83	.96	469
	1988	43	41	12	3	2	0	0	.83	.96	685
25-29	198689	.96	541
	1987	37	48	10	2	2	0	1	.93	.99	541
	1988	35	46	13	2	2	1	1	.93	.99	790
30-34	198684	.83	425
	1987	36	49	11	2	1	0	.	.91	.97	425
	1988	36	47	12	3	2	0	1	.91	.97	595
35+	1986	1.14	1.10	577
	1987	26	50	15	4	3	1	1	1.01	.97	577
	1988	30	50	13	4	2	0	1	1.01	.97	789
Time in Service											
< 3 yrs.	198665	.84	191
	1987	53	35	8	4	1	.	.	.86	1.03	191
	1988	43	38	12	3	2	0	1	.86	1.03	436
3-10	198688	.95	984
	1987	37	48	10	3	2	0	1	.90	.93	984
	1988	36	47	12	3	2	0	0	.90	.93	1229
11-20	198693	.98	692
	1987	35	46	13	2	2	1	0	.92	.99	692
	1988	36	47	12	3	1	1	1	.92	.99	935
> 20	1986	1.34	1.09	150
	1987	17	53	15	8	6	1	.	1.15	1.00	150
	1988	22	55	16	4	3	.	1	1.15	1.00	216
Community											
Land	198692	1.03	1226
	1987	38	44	11	4	3	0	0	.91	1.01	1226
	1988	38	44	12	3	1	1	1	.91	1.01	1577
Surface	198684	.91	494
	1987	37	49	9	2	1	.	1	.98	1.05	494
	1988	34	47	11	3	3	1	1	.98	1.05	713
Sub	198688	.86	121
	1987	36	46	14	2	1	0	.	.89	.84	121
	1988	35	48	12	5	0	.	.	.89	.84	104
Air	198699	.95	144
	1987	29	53	12	3	1	.	1	.99	.95	144
	1988	35	50	10	586	.80	119

EATING HABITS

5. During the last 7 days, how often did you eat high-fat dairy products (e.g., whole milk, ice cream)?

	Yr.		%						Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 or 3 times this wk.	3 or 4 times this wk.	4 or 5 times this wk.	5 or 6 times this wk.	6 or 7 times this wk.			
Overall											
	1986	2.07	1.53	2153
	1987	12	30	26	12	11	3	4	2.07	1.58	3045
	1988	13	30	26	13	9	4	5			
Sex											
Male											
	1986	2.11	1.54	1882
	1987	12	30	26	13	11	4	5	2.12	1.60	2656
	1988	13	29	25	14	9	4	5			
Female											
	1986	1.78	1.42	262
	1987	16	33	27	11	8	2	3	1.68	1.34	385
	1988	17	35	28	10	7	2	2			
Rank											
Officer											
	1986	1.81	1.26	312
	1987	11	37	27	12	11	2	1	1.63	1.19	487
	1988	15	37	30	11	6	1	1			
Enlisted											
	1986	2.10	1.56	1830
	1987	12	30	27	12	11	4	5	2.12	1.61	2538
	1988	13	29	25	13	9	4	6			
Age											
< 20 yrs.											
	1986	2.57	1.79	67
	1987	10	19	33	11	10	5	12	2.37	1.85	125
	1988	9	34	23	9	8	5	12			
20-24											
	1986	2.31	1.58	472
	1987	10	25	27	15	13	5	5	2.41	1.70	693
	1988	11	23	25	17	11	5	8			
25-29											
	1986	2.14	1.52	544
	1987	10	31	28	11	13	4	4	2.10	1.50	800
	1988	12	28	29	13	10	5	3			
30-34											
	1986	1.99	1.44	434
	1987	12	32	27	16	9	2	4	1.89	1.43	598
	1988	13	33	28	11	8	3	3			
35+											
	1986	1.68	1.43	579
	1987	18	37	23	8	9	2	3	1.67	1.42	790
	1988	18	37	23	10	6	2	3			
Time in Service											
< 3 yrs.											
	1986	2.29	1.62	192
	1987	13	22	29	14	13	4	6	2.34	1.71	439
	1988	10	28	26	12	10	6	8			
3-10											
	1986	2.23	1.57	994
	1987	10	29	26	14	12	4	5	2.13	1.54	1245
	1988	12	27	27	15	10	4	4			
11-20											
	1986	1.82	1.45	694
	1987	16	32	28	10	9	1	4	1.81	1.43	936
	1988	15	34	25	11	8	3	3			
> 20											
	1986	1.56	1.25	152
	1987	14	48	19	7	10	1	1	1.55	1.40	216
	1988	20	40	23	7	4	3	3			
Community											
Land											
	1986	1.94	1.44	1229
	1987	12	33	27	12	10	2	3	1.91	1.45	1590
	1988	14	32	27	13	9	3	3			
Surface											
	1986	2.31	1.69	563
	1987	13	25	24	13	13	6	7	2.39	1.77	715
	1988	12	25	23	15	10	5	10			
Sub											
	1986	2.70	1.46	123
	1987	2	21	29	20	18	5	6	2.23	1.52	107
	1988	7	28	34	16	3	7	5			
Air											
	1986	1.97	1.54	145
	1987	14	33	23	10	12	5	3	1.90	1.59	119
	1988	13	41	20	8	10	3	6			

EATING HABITS

6. During the last 7 days, how often did you eat low-fat dairy products (e.g., low-fat milk, cottage cheese, or yogurt)?

	Yr.	f							Mean	SD	N
		0 Never this week	1 1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall											
	1986	1.05	1.46	2150
	1987	52	21	11	5	6	2	2			
	1988	48	21	13	7	7	2	2	1.20	1.54	3058
Sex											
Male											
	1986	1.02	1.44	1882
	1987	53	21	12	5	6	1	2			
	1988	48	21	13	7	7	2	2	1.18	1.54	2669
Female											
	1986	1.19	1.54	259
	1987	48	23	8	9	8	3	1			
	1988	45	24	11	7	7	3	2	1.26	1.58	385
Rank											
Officer											
	1986	1.78	1.61	312
	1987	28	23	18	11	1*	3	2			
	1988	26	24	19	12	13	4	2	1.79	1.58	487
Enlisted											
	198695	1.41	1827
	1987	55	21	11	5	5	1	2			
	1988	51	21	12	6	6	2	2	1.12	1.52	2551
Age											
< 20 yrs.											
	1986	1.17	1.67	67
	1987	48	27	10	3	6	.	6			
	1988	46	20	14	7	4	4	5	1.34	1.74	127
20-24											
	198698	1.44	473
	1987	55	20	11	4	6	3	1			
	1988	52	20	11	4	7	3	2	1.11	1.56	697
25-29											
	1986	1.03	1.45	545
	1987	52	22	11	5	6	1	2			
	1988	46	25	13	7	6	1	2	1.14	1.45	805
30-34											
	198695	1.38	431
	1987	55	21	11	6	5	1	2			
	1988	51	20	13	6	8	2	1	1.10	1.44	598
35+											
	1986	1.18	1.51	578
	1987	48	20	13	7	8	2	2			
	1988	43	18	15	10	8	2	3	1.40	1.64	792
Time in Service											
< 3 yrs.											
	1986	1.14	1.59	194
	1987	50	22	11	3	7	3	3			
	1988	49	24	10	7	5	2	2	1.11	1.51	441
3-10											
	1986	1.08	1.47	992
	1987	51	21	12	5	7	2	2			
	1988	48	22	13	5	8	2	2	1.18	1.52	1253
11-20											
	198694	1.40	691
	1987	56	21	10	5	6	1	2			
	1988	48	19	13	8	7	2	2	1.20	1.54	938
> 20											
	1986	1.26	1.46	151
	1987	45	18	14	14	6	2	1			
	1988	43	18	15	8	9	3	3	1.43	1.68	216
Community											
Land											
	1986	1.07	1.47	1227
	1987	52	21	12	6	7	2	2			
	1988	46	21	14	7	8	3	2	1.26	1.57	1596
Surface											
	198688	1.40	502
	1987	58	21	10	3	5	1	2			
	1988	53	22	11	4	5	2	3	1.05	1.53	720
Sub											
	1986	1.40	1.54	123
	1987	38	23	19	7	8	3	2			
	1988	48	28	9	8	4	2	1	1.02	1.36	108
Air											
	1986	1.13	1.43	145
	1987	45	28	11	7	7	1	2			
	1988	48	18	15	8	6	3	2	1.24	1.57	119

EATING HABITS

7. During the last 7 days, how often did you eat (or cook with) butter, lard, or saturated fats?

	<u>Yr.</u>	<u>%</u>							<u>Mean</u>	<u>SD</u>	<u>N</u>
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
<u>Overall</u>	1986	1.49	1.45	2154
	1987	30	29	22	9	7	2	2	1.43	1.44	3057
	1988	32	28	20	10	6	2	2			
<u>Sex</u>											
<u>Male</u>	1986	1.52	1.48	1884
	1987	30	28	22	9	7	2	2	1.47	1.45	2666
	1988	31	28	21	10	6	2	2			
<u>Female</u>	1986	1.20	1.17	261
	1987	31	37	21	6	4	1	0	1.16	1.31	387
	1988	38	32	18	5	4	1	2			
<u>Rank</u>											
<u>Officer</u>	1986	1.20	1.20	313
	1987	35	30	20	10	4	1	.	1.02	1.14	488
	1988	40	34	17	5	2	1	0			
<u>Enlisted</u>	1986	1.52	1.47	1830
	1987	29	28	22	8	7	2	2	1.49	1.46	2549
	1988	31	28	21	10	7	2	2			
<u>Age</u>											
<u>< 20 yrs.</u>	1986	1.74	1.93	67
	1987	35	25	11	5	14	.	9	1.55	1.56	127
	1988	31	27	20	12	5	1	5			
<u>20-24</u>	1986	1.62	1.49	472
	1987	26	30	22	9	7	4	2	1.55	1.52	697
	1988	31	26	21	8	9	2	2			
<u>25-29</u>	1986	1.55	1.46	546
	1987	28	27	27	8	6	2	3	1.49	1.35	804
	1988	27	29	23	11	6	2	1			
<u>30-34</u>	1986	1.47	1.38	434
	1987	28	31	21	10	7	1	2	1.39	1.37	598
	1988	31	31	20	10	5	2	1			
<u>35+</u>	1986	1.27	1.32	579
	1987	36	28	20	8	6	1	1	1.23	1.42	792
	1988	39	29	16	8	4	1	3			
<u>Time in Service</u>											
<u>< 3 yrs.</u>	1986	1.66	1.71	194
	1987	32	25	16	6	14	1	4	1.48	1.50	444
	1988	32	28	19	8	9	2	2			
<u>3-10</u>	1986	1.52	1.44	994
	1987	28	29	24	9	5	3	2	1.50	1.39	1250
	1988	29	27	24	11	6	2	1			
<u>11-20</u>	1986	1.43	1.39	694
	1987	32	27	22	9	7	2	1	1.31	1.33	937
	1988	33	30	20	10	4	2	1			
<u>> 20</u>	1986	1.26	1.36	151
	1987	35	32	18	6	5	3	1	1.32	1.61	216
	1988	38	32	12	8	3	1	6			
<u>Community</u>											
<u>Land</u>	1986	1.39	1.40	1229
	1987	33	28	21	9	6	2	2	1.28	1.33	1597
	1988	35	29	20	9	5	1	1			
<u>Surface</u>	1986	1.77	1.57	505
	1987	24	27	24	9	9	4	3	1.73	1.63	718
	1988	27	26	21	11	9	3	4			
<u>Sub</u>	1986	1.70	1.30	122
	1987	16	35	27	12	7	1	1	1.58	1.22	108
	1988	22	27	29	15	5	1	.			
<u>Air</u>	1986	1.43	1.50	146
	1987	33	31	18	5	9	3	2	1.02	1.23	119
	1988	42	35	11	9	2	1	1			

EATING HABITS

8. During the last 7 days, how often did you eat polyunsaturated fats or oil?

	Yr.	%						Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 this wk.	5 Twice a day this wk.	6 3+ times a day this wk.		
<u>Overall</u>										
	1986		
	1987	27	32	24	9	7	1	1	1.45	2150
	1988	26	32	23	10	6	2	1	1.48	3049
<u>Sex</u>										
<u>Male</u>										
	1986		
	1987	28	31	24	8	7	1	1	1.44	1881
	1988	26	32	23	10	6	2	1	1.50	2660
<u>Female</u>										
	1986		
	1987	17	42	24	9	7	0	.	1.48	260
	1988	27	37	24	7	3	0	1	1.26	385
<u>Rank</u>										
<u>Officer</u>										
	1986		
	1987	11	29	31	12	12	3	1	1.97	312
	1988	12	30	32	14	10	2	1	1.89	486
<u>Enlisted</u>										
	1986		
	1987	29	32	23	8	6	1	1	1.38	1827
	1988	27	33	22	9	6	2	1	1.42	2543
<u>Age</u>										
< 20 yrs.										
	1986		
	1987	47	25	13	6	8	.	2	1.10	67
	1988	40	33	12	7	2	2	4	1.20	127
20-24										
	1986		
	1987	33	36	20	4	6	1	0	1.20	472
	1988	34	34	19	7	5	1	1	1.22	695
25-29										
	1986		
	1987	25	29	27	11	5	0	2	1.51	543
	1988	22	35	25	10	7	2	0	1.52	802
30-34										
	1986		
	1987	23	34	25	8	7	1	1	1.50	434
	1988	22	31	27	12	6	2	1	1.58	595
35+										
	1986		
	1987	21	30	26	12	9	1	2	1.66	578
	1988	19	30	27	12	7	1	3	1.73	792
<u>Time in Service</u>										
< 3 yrs.										
	1986		
	1987	43	26	19	5	6	1	1	1.11	193
	1988	35	33	19	7	4	1	1	1.21	440
3-10										
	1986		
	1987	26	33	24	8	6	1	1	1.42	990
	1988	25	34	23	10	6	1	0	1.43	1245
11-20										
	1986		
	1987	24	31	26	10	7	1	2	1.55	694
	1988	20	31	28	11	6	2	2	1.63	937
> 20										
	1986		
	1987	19	34	23	10	10	2	2	1.71	151
	1988	19	30	23	15	9	2	3	1.82	215
<u>Community</u>										
<u>Land</u>										
	1986		
	1987	23	32	25	10	8	1	1	1.53	1228
	1988	23	32	25	10	6	2	1	1.54	1596
<u>Surface</u>										
	1986		
	1987	37	30	19	5	7	1	1	1.23	501
	1988	33	32	20	7	5	1	2	1.29	714
<u>Sub</u>										
	1986		
	1987	18	42	28	7	4	.	1	1.42	122
	1988	19	35	25	14	8	.	.	1.57	108
<u>Air</u>										
	1986		
	1987	23	33	30	6	5	1	2	1.48	146
	1988	32	30	18	9	7	.	4	1.45	118

EATING HABITS

9. During the last 7 days, how often did you eat fried foods?

	Yr.	f							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
<u>Overall</u>											
	1986	1.78	1.22	2156
	1987	10	36	32	13	6	1	2	1.76	1.24	3063
	1988	12	36	31	13	5	2	2			
<u>Sex</u>											
<u>Male</u>											
	1986	1.85	1.23	1885
	1987	9	35	33	13	7	1	2	1.82	1.25	2672
	1988	10	35	32	14	6	2	2			
<u>Female</u>											
	1986	1.25	.98	262
	1987	23	43	22	10	2	.	.	1.30	1.10	387
	1988	25	39	22	10	3	1	0			
<u>Rank</u>											
<u>Officer</u>											
	1986	1.36	.97	313
	1987	17	44	27	9	2	0	.	1.22	.90	489
	1988	21	46	26	6	1	0	.			
<u>Enlisted</u>											
	1986	1.83	1.23	1832
	1987	10	35	33	13	7	1	2	1.83	1.26	2554
	1988	11	34	31	14	6	2	2			
<u>Age</u>											
< 20 yrs.											
	1986	2.36	1.57	67
	1987	6	25	35	14	8	4	8	2.14	1.32	127
	1988	5	27	41	15	5	3	4			
20-24											
	1986	2.03	1.27	474
	1987	8	29	32	18	9	1	2	2.01	1.33	699
	1988	10	29	33	15	9	3	2			
25-29											
	1986	1.78	1.22	545
	1987	9	38	34	10	5	1	2	1.72	1.14	805
	1988	11	37	32	13	5	2	1			
30-34											
	1986	1.75	1.14	433
	1987	9	37	35	10	7	2	1	1.57	1.15	597
	1988	14	41	27	12	4	1	1			
35+											
	1986	1.44	1.03	580
	1987	17	41	28	10	3	0	0	1.52	1.21	796
	1988	17	42	26	10	3	1	2			
<u>Time in Service</u>											
< 3 yrs.											
	1986	2.24	1.38	194
	1987	7	24	33	21	8	2	4	2.12	1.39	443
	1988	9	26	33	15	9	4	3			
3-10											
	1986	1.83	1.24	993
	1987	10	35	33	12	7	1	2	1.72	1.14	1253
	1988	12	35	33	14	5	1	1			
11-20											
	1986	1.63	1.09	695
	1987	12	39	34	9	5	1	0	1.56	1.17	938
	1988	15	42	26	12	3	1	1			
> 20											
	1986	1.33	.95	152
	1987	16	49	22	11	2	.	.	1.61	1.26	218
	1988	13	42	29	8	5	0	3			
<u>Community</u>											
<u>Land</u>											
	1986	1.66	1.15	1231
	1987	12	38	31	11	5	1	1	1.59	1.18	1598
	1988	15	40	28	12	4	1	1			
<u>Surface</u>											
	1986	2.04	1.26	504
	1987	7	30	34	16	9	2	2	2.14	1.34	721
	1988	7	27	33	19	8	3	3			
<u>Sub</u>											
	1986	1.81	1.11	123
	1987	10	33	33	16	7	1	.	1.92	1.06	108
	1988	9	26	36	21	7	.	.			
<u>Air</u>											
	1986	1.87	1.49	145
	1987	12	37	29	10	4	2	6	1.64	1.33	119
	1988	16	35	34	5	5	.	4			

EATING HABITS

10. During the last 7 days, how often did you eat eggs or egg dishes (e.g., quiche, omelettes)?

	Yr.	%						Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.		
<u>Overall</u>										
	1986		
	1987	27	40	19	6	6	1	2	1.32	1.28
	1988	30	41	15	6	5	0	1	1.21	1.22
										2151
<u>Sex</u>										
<u>Male</u>										
	1986		
	1987	26	40	19	6	6	1	2	1.37	1.31
	1988	29	41	16	7	6	0	1	1.27	1.25
										1880
<u>Female</u>										
	1986		
	1987	36	44	14	3	3	.	.	.93	.94
	1988	43	46	7	2	1	.	0	.73	.82
										252
<u>Rank</u>										
<u>Officer</u>										
	1986		
	1987	27	54	13	4	2	.	1	1.02	.94
	1988	34	52	11	2	0	.	0	.85	.78
										312
<u>Enlisted</u>										
	1986		
	1987	27	39	20	6	6	1	2	1.35	1.31
	1988	30	40	16	7	6	0	1	1.25	1.25
										1828
<u>Age</u>										
< 20 yrs.										
	1986		
	1987	21	9	16	5	35	3	9	2.72	1.93
	1988	30	26	17	9	12	1	4	1.66	1.64
										65
20-24										
	1986		
	1987	24	37	22	8	6	1	2	1.46	1.33
	1988	27	38	16	7	8	1	2	1.41	1.38
										472
25-29										
	1986		
	1987	29	43	17	4	5	1	1	1.19	1.17
	1988	28	43	17	6	5	0	1	1.19	1.13
										545
30-34										
	1986		
	1987	25	42	22	6	5	.	0	1.25	1.09
	1988	32	45	14	6	2	.	1	1.05	1.04
										432
35+										
	1986		
	1987	30	45	15	4	3	0	2	1.13	1.19
	1988	35	45	12	4	3	.	0	.98	1.02
										580
<u>Time in Service</u>										
< 3 yrs.										
	1986		
	1987	26	22	22	6	18	2	4	1.92	1.71
	1988	23	38	18	9	9	1	3	1.56	1.42
										192
3-10										
	1986		
	1987	26	42	19	6	5	1	1	1.29	1.21
	1988	30	41	17	5	6	0	1	1.20	1.18
										992
11-20										
	1986		
	1987	28	43	18	5	4	0	1	1.20	1.16
	1988	33	46	12	6	2	.	1	1.02	1.04
										694
> 20										
	1986		
	1987	32	49	11	5	1	.	3	1.05	1.17
	1988	38	42	13	3	5	.	.	.94	1.01
										151
<u>Community</u>										
<u>Land</u>										
	1986		
	1987	29	41	18	4	6	0	2	1.25	1.26
	1988	33	43	14	6	3	0	1	1.08	1.13
										1229
<u>Surface</u>										
	1986		
	1987	25	39	20	8	6	1	1	1.40	1.28
	1988	26	38	16	8	10	0	2	1.46	1.40
										501
<u>Sub</u>										
	1986		
	1987	25	41	23	7	4	.	.	1.24	1.04
	1988	22	43	22	7	6	1	.	1.34	1.13
										123
<u>Air</u>										
	1986		
	1987	23	39	20	6	6	5	1	1.51	1.41
	1988	38	42	14	687	.86
										146

EATING HABITS

11. During the last 7 days, how often did you eat refined sugar products?

	Yr.	f							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 or 4 times this wk.	3 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall											
	1986	1.58	1.33	2120
	1987	19	39	23	9	6	2	2	1.57	1.31	3027
	1988	19	39	23	10	6	2	2			
Sex											
Male											
	1986	1.60	1.34	1858
	1987	18	39	24	9	6	2	2	1.59	1.33	2642
	1988	18	39	23	10	6	2	2			
Female											
	1986	1.35	1.22	253
	1987	23	43	19	7	6	1	1	1.41	1.18	381
	1988	21	41	22	10	5	1	1			
Rank											
Officer											
	1986	1.72	1.24	308
	1987	14	35	30	10	8	2	1	1.60	1.10	485
	1988	13	40	28	11	6	1	0			
Enlisted											
	1986	1.56	1.34	1801
	1987	17	39	23	9	6	2	2	1.56	1.33	2522
	1988	20	39	22	10	5	2	2			
Age											
< 20 yrs.											
	1986	3.49	1.75	66
	1987	3	10	21	14	23	8	20	2.41	1.68	126
	1988	8	32	17	17	13	7	7			
20-24											
	1986	1.56	1.23	465
	1987	17	39	26	9	6	0	2	1.57	1.34	687
	1988	20	38	25	8	5	2	2			
25-29											
	1986	1.47	1.30	536
	1987	19	46	19	7	6	2	2	1.45	1.22	798
	1988	21	41	21	11	5	1	1			
30-34											
	1986	1.40	1.11	423
	1987	21	38	27	9	4	1	0	1.54	1.19	592
	1988	17	40	25	10	5	1	1			
35+											
	1986	1.49	1.28	575
	1987	21	38	23	9	6	2	1	1.49	1.26	786
	1988	20	40	23	10	5	0	2			
Time in Service											
< 3 yrs.											
	1986	2.36	1.68	191
	1987	9	28	26	13	11	4	8	1.77	1.44	438
	1988	15	39	23	9	7	3	3			
3-10											
	1986	1.49	1.25	976
	1987	18	44	21	8	6	1	1	1.50	1.25	1238
	1988	20	39	23	10	5	1	1			
11-20											
	1986	1.49	1.24	684
	1987	22	35	26	10	5	2	1	1.52	1.22	927
	1988	17	41	24	10	5	1	2			
> 20											
	1986	1.20	1.04	151
	1987	24	47	19	6	3	.	1	1.36	1.23	216
	1988	24	41	21	6	7	1	1			
Community											
Land											
	1986	1.57	1.39	1207
	1987	21	38	22	8	6	2	3	1.50	1.30	1578
	1988	20	41	20	9	6	1	2			
Surface											
	1986	1.60	1.25	499
	1987	16	40	25	10	7	1	1	1.74	1.38	715
	1988	16	36	26	12	6	3	3			
Sub											
	1986	1.77	1.16	121
	1987	9	39	32	11	8	1	1	1.86	1.32	107
	1988	13	32	28	14	11	1	1			
Air											
	1986	1.61	1.39	142
	1987	17	44	20	6	10	1	3	1.53	1.38	117
	1988	24	32	27	11	3	.	4			

EATING HABITS

12. During the last 7 days, how often did you eat leafy vegetables?

	Yr.	%						Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 or 4 times this wk.	3 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.		
<u>Overall</u>										
	1986		
	1987	14	21	28	18	13	4	3	2.19	1.51
	1988	12	22	26	18	14	5	3	2.25	1.52
<u>Sex</u>										
<u>Male</u>										
	1986		
	1987	14	20	27	18	13	4	3	2.20	1.52
	1988	12	21	27	18	15	5	3	2.30	1.51
<u>Female</u>										
	1986		
	1987	14	21	32	15	14	2	3	2.13	1.47
	1988	19	30	20	16	7	5	2	1.88	1.52
<u>Rank</u>										
<u>Officer</u>										
	1986		
	1987	4	13	33	20	23	6	2	2.71	1.32
	1988	3	13	30	25	23	4	2	2.72	1.24
<u>Enlisted</u>										
	1986		
	1987	15	21	27	17	12	4	3	2.13	1.52
	1988	14	23	26	17	13	5	3	2.19	1.54
<u>Age</u>										
< 20 yrs.										
	1986		
	1987	19	16	28	10	12	5	5	2.31	1.84
	1988	21	24	19	13	10	7	6	2.09	1.78
20-24										
	1986		
	1987	23	21	24	16	11	2	3	1.89	1.54
	1988	16	26	23	14	11	6	3	2.10	1.61
25-29										
	1986		
	1987	14	22	28	18	10	4	3	2.11	1.48
	1988	12	23	29	17	13	4	2	2.17	1.44
30-34										
	1986		
	1987	11	22	33	17	12	4	2	2.17	1.40
	1988	11	20	29	21	15	4	2	2.28	1.40
35+										
	1986		
	1987	7	16	28	22	19	5	4	2.62	1.44
	1988	7	19	26	22	18	5	3	2.53	1.45
<u>Time in Service</u>										
< 3 yrs.										
	1986		
	1987	26	16	26	14	11	3	4	1.95	1.65
	1988	17	26	22	17	9	6	4	2.09	1.62
3-10										
	1986		
	1987	16	23	26	18	11	4	3	2.06	1.50
	1988	12	24	27	16	14	5	1	2.19	1.46
11-20										
	1986		
	1987	9	20	32	18	14	4	3	2.31	1.44
	1988	9	20	29	20	15	3	3	2.35	1.43
> 20										
	1986		
	1987	5	12	27	21	26	5	4	2.81	1.41
	1988	6	14	22	24	22	7	5	2.82	1.51
<u>Community</u>										
<u>Land</u>										
	1986		
	1987	12	21	27	18	14	3	3	2.19	1.51
	1988	12	24	26	18	14	4	3	2.21	1.47
<u>Surface</u>										
	1986		
	1987	16	15	25	21	10	6	3	2.22	1.57
	1988	14	21	25	15	12	8	5	2.35	1.67
<u>Sub</u>										
	1986		
	1987	14	26	31	11	16	1	0	1.93	1.30
	1988	16	2	26	21	14	2	0	2.06	1.39
<u>Air</u>										
	1986		
	1987	12	17	37	16	12	4	3	2.25	1.45
	1988	14	17	23	22	15	3	5	2.36	1.59

EATING HABITS

13. During the last 7 days, how often did you eat starchy vegetables?

	Yr.	%							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall	1986
	1987	7	30	36	14	10	2	2	2.04	1.29	2154
	1988	8	31	33	14	10	2	2	2.03	1.30	3052
Sex											
Male	1986
	1987	7	28	36	14	10	2	2	2.08	1.29	1883
	1988	7	30	33	15	11	3	2	2.10	1.31	2663
Female	1986
	1987	10	44	29	8	7	0	2	1.68	1.22	262
	1988	17	37	30	12	3	1	1	1.53	1.11	385
Rank											
Officer	1986
	1987	5	28	40	13	13	1	0	2.03	1.12	312
	1988	3	29	40	16	10	2	0	2.05	1.08	487
Enlisted	1986
	1987	8	30	35	14	9	2	2	2.04	1.31	1831
	1988	8	31	32	14	10	3	2	2.03	1.33	2545
Age											
< 20 yrs.	1986
	1987	6	17	29	9	23	3	13	2.86	1.74	67
	1988	12	24	33	15	7	3	6	2.14	1.55	126
20-24	1986
	1987	8	31	34	15	9	1	2	1.97	1.26	471
	1988	9	30	31	15	10	3	2	2.06	1.37	698
25-29	1986
	1987	8	30	35	15	8	2	2	2.00	1.27	546
	1988	7	33	32	15	10	2	1	2.00	1.23	802
30-34	1986
	1987	5	31	39	12	9	3	1	2.05	1.23	433
	1988	7	33	35	13	10	1	1	1.95	1.21	596
35+	1986
	1987	8	28	37	13	10	2	2	2.02	1.27	580
	1988	7	30	35	14	10	2	2	2.05	1.29	791
Time in Service											
< 3 yrs.	1986
	1987	8	23	34	17	12	2	5	2.27	1.44	194
	1988	10	28	30	16	8	4	3	2.08	1.43	442
3-10	1986
	1987	7	31	35	13	9	2	2	2.01	1.28	992
	1988	7	33	31	15	11	3	1	2.00	1.24	1249
11-20	1986
	1987	7	32	37	12	8	4	1	2.00	1.24	694
	1988	7	30	38	13	9	1	2	1.98	1.22	935
> 20	1986
	1987	6	27	39	11	13	2	1	2.07	1.24	152
	1988	6	30	29	14	15	3	3	2.26	1.43	215
Community											
Land	1986
	1987	9	32	33	13	10	2	2	1.98	1.30	1231
	1988	9	32	33	13	8	2	2	1.93	1.27	1590
Surface	1986
	1987	6	25	34	15	9	4	3	2.16	1.32	502
	1988	8	25	32	16	12	4	3	2.25	1.42	720
Sub	1986
	1987	2	26	45	13	11	1	.	2.09	1.04	123
	1988	3	33	34	18	9	1	1	2.07	1.16	108
Air	1986
	1987	3	30	42	9	12	2	2	2.10	1.22	146
	1988	5	28	42	14	7	.	4	2.04	1.24	119

EATING HABITS

14. During the last 7 days, how often did you eat fruits?

	Yr.	%						Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.		
Overall										
	1986
	1987	14	26	24	16	12	4	4	2.14	1.54
	1988	14	26	25	14	13	4	4	2.12	1.55
										2149
										3037
Sex										
Male										
	1986
	1987	14	26	24	16	12	4	4	2.14	1.55
	1988	14	26	26	14	13	4	4	2.14	1.54
										1878
										2650
Female										
	1986
	1987	15	26	26	12	15	5	2	2.10	1.53
	1988	20	27	21	11	13	4	4	1.97	1.63
										262
										383
Rank										
Officer										
	1986
	1987	5	21	26	17	17	10	4	2.65	1.53
	1988	7	18	27	18	21	8	2	2.60	1.45
										311
										484
Enlisted										
	1986
	1987	15	27	24	16	12	4	3	2.06	1.54
	1988	15	27	25	14	12	4	4	2.06	1.55
										1827
										533
Age										
< 20 yrs.										
	1986
	1987	9	19	18	8	27	10	9	2.92	1.81
	1988	23	20	17	16	14	2	7	2.13	1.78
										66
										124
20-24										
	1986
	1987	16	29	23	15	11	3	3	1.99	1.52
	1988	15	27	24	14	10	5	4	2.08	1.60
										471
										693
25-29										
	1986
	1987	15	27	25	17	9	3	3	2.02	1.50
	1988	13	25	29	14	13	4	3	2.10	1.47
										545
										801
30-34										
	1986
	1987	14	29	23	14	14	3	4	2.10	1.56
	1988	16	24	26	13	15	3	3	2.09	1.54
										433
										594
35+										
	1986
	1987	10	22	26	20	15	5	2	2.34	1.46
	1988	12	26	24	15	14	5	3	2.22	1.54
										577
										786
Time in Service										
< 3 yrs.										
	1986
	1987	12	21	24	16	17	4	5	2.38	1.62
	1988	17	25	24	13	12	4	6	2.14	1.67
										193
										437
3-10										
	1986
	1987	15	27	25	16	10	4	4	2.06	1.53
	1988	14	26	26	14	14	5	2	2.10	1.50
										992
										1244
11-20										
	1986
	1987	15	28	22	17	12	4	3	2.06	1.53
	1988	13	28	26	14	13	3	3	2.08	1.50
										693
										933
> 20										
	1986
	1987	9	15	28	21	21	4	1	2.47	1.40
	1988	10	21	27	18	14	5	5	2.36	1.56
										149
										213
Community										
Land										
	1986
	1987	15	26	23	16	13	5	3	2.12	1.55
	1988	16	26	26	14	12	4	3	2.05	1.53
										1227
										1583
Surface										
	1986
	1987	11	27	25	16	11	4	5	2.21	1.55
	1988	13	23	26	14	13	5	6	2.31	1.65
										502
										717
Sub										
	1986
	1987	13	26	29	17	10	4	1	2.03	1.39
	1988	11	28	31	14	13	2	0	1.95	1.27
										123
										107
Air										
	1986
	1987	11	24	29	14	15	3	4	2.21	1.51
	1988	13	29	23	9	19	7	0	2.16	1.53
										146
										118

EATING HABITS

15. During the last 7 days, how often did you eat high-fiber grains?

	Yr.	%							Mean	SD	N
		0 Never this week	1 or 2 times this wk.	2 3 or 4 times this wk.	3 5 or 6 times this wk.	4 Once a day this wk.	5 Twice a day this wk.	6 3+ times a day this wk.			
Overall	1986
	1987	29	26	19	10	10	2	3	1.64	1.58	2157
	1988	27	26	22	10	10	3	2	1.67	1.51	3060
Sex											
Male	1986
	1987	29	26	20	10	9	2	4	1.64	1.58	1886
	1988	26	26	22	11	10	3	2	1.70	1.52	2670
Female	1986
	1987	30	26	16	9	13	4	2	1.69	1.62	262
	1988	34	24	19	9	8	4	1	1.47	1.49	386
Rank											
Officer	1986
	1987	13	25	22	17	19	3	2	2.23	1.51	313
	1988	11	24	24	16	20	4	1	2.26	1.45	488
Enlisted	1986
	1987	31	27	19	9	9	2	3	1.57	1.58	1833
	1988	29	26	22	10	9	3	2	1.59	1.50	2552
Age											
< 20 yrs.	1986
	1987	20	8	25	7	17	5	18	2.80	2.10	67
	1988	30	21	18	9	8	6	7	1.89	1.86	127
20-24	1986
	1987	34	28	18	7	8	2	3	1.45	1.54	474
	1988	31	26	21	9	8	3	2	1.57	1.53	698
25-29	1986
	1987	30	27	17	12	10	1	3	1.60	1.56	547
	1988	25	29	23	11	9	2	1	1.62	1.41	804
30-34	1986
	1987	27	27	22	11	11	1	1	1.61	1.45	432
	1988	26	30	19	10	12	2	2	1.65	1.50	598
35+	1986
	1987	24	28	20	12	11	2	3	1.74	1.53	580
	1988	24	23	24	13	13	2	2	1.82	1.50	794
Time in Service											
< 3 yrs.	1986
	1987	28	17	24	8	13	2	8	2.00	1.85	194
	1988	30	26	21	9	9	3	3	1.62	1.59	443
3-10	1986
	1987	31	27	19	9	10	2	3	1.57	1.55	995
	1988	27	27	23	10	10	2	1	1.61	1.43	1250
11-20	1986
	1987	29	30	19	10	9	1	2	1.51	1.46	694
	1988	26	25	23	11	11	2	2	1.68	1.49	939
> 20	1986
	1987	23	21	22	20	9	4	1	1.89	1.51	152
	1988	21	24	21	15	14	2	2	1.92	1.53	217
Community											
Land	1986
	1987	29	24	19	10	12	2	4	1.73	1.65	1232
	1988	28	25	21	10	10	3	2	1.69	1.56	1597
Surface	1986
	1987	31	31	20	8	8	1	3	1.44	1.46	505
	1988	27	28	22	10	8	2	3	1.64	1.53	721
Sub	1986
	1987	28	26	24	11	10	0	1	1.55	1.37	123
	1988	23	34	27	9	6	0	1	1.47	1.23	108
Air	1986
	1987	25	23	21	17	9	1	4	1.81	1.57	146
	1988	29	29	15	14	10	2	0	1.54	1.44	119

EATING HABITS

1. I am willing to change my eating habits to improve my health.

	Yr.	%							Mean	SD	N
		1 Disagree strongly	2 Disagree moderately	3 Disagree slightly	4 Neither agree nor disagree	5 Agree slightly	6 Agree generally	7 Agree strongly			
<u>Overall</u>	1986	5.27	1.44	2161
	1987	3	2	3	17	20	35	19	5.28	1.42	2161
	1988	3	2	3	19	20	33	20			3069
<u>Sex</u>											
Male	1986	5.22	1.47	1890
	1987	4	3	3	18	20	34	18	5.24	1.45	2678
	1988	3	2	3	19	20	32	19			
Female	1986	5.65	1.08	262
	1987	0	0	3	13	18	46	20	5.54	1.19	387
	1988	1	1	3	16	17	42	20			
<u>Rank</u>											
Officer	1986	5.63	1.14	313
	1987	1	1	4	8	20	49	18	5.70	1.09	489
	1988	0	2	3	5	21	49	20			
Enlisted	1986	5.23	1.47	1837
	1987	4	3	3	19	20	33	19	5.22	1.45	2561
	1988	3	2	3	21	20	31	19			
<u>Age</u>											
< 20 yrs	1986	5.25	1.49	67
	1987	3	3	3	20	20	29	22	5.08	1.56	127
	1988	5	2	4	23	19	28	19			
20-24	1986	5.26	1.39	474
	1987	2	2	4	20	20	34	18	5.25	1.44	696
	1988	2	3	5	19	22	28	21			
25-29	1986	5.25	1.46	547
	1987	4	2	2	18	21	35	17	5.28	1.37	808
	1988	3	1	3	20	21	34	18			
30-34	1986	5.25	1.53	434
	1987	3	4	6	15	18	33	21	5.24	1.47	601
	1988	4	2	2	18	21	35	18			
35+	1986	5.29	1.40	582
	1987	4	1	3	17	20	38	17	5.38	1.38	798
	1988	3	2	2	18	17	39	20			
<u>Time in Service</u>											
< 3 yrs.	1986	5.26	1.47	194
	1987	3	2	6	18	18	32	21	5.24	1.47	442
	1988	3	3	5	18	22	27	22			
3-10	1986	5.32	1.39	995
	1987	3	2	2	17	20	37	18	5.27	1.39	1254
	1988	3	2	3	20	21	34	18			
11-20	1986	5.16	1.46	697
	1987	3	3	5	18	21	33	17	5.33	1.41	942
	1988	3	2	3	18	19	35	20			
> 20	1986	5.33	1.56	152
	1987	7	.	2	16	16	38	21	5.28	1.46	218
	1988	4	2	1	22	17	36	19			
<u>Community</u>											
Land	1986	5.32	1.42	1233
	1987	3	2	3	16	21	36	19	5.30	1.43	1603
	1988	3	2	3	16	22	35	19			
Surface	1986	5.18	1.50	506
	1987	3	3	3	20	18	32	19	5.28	1.46	722
	1988	3	2	3	22	19	28	23			
Sub	1986	5.19	1.38	123
	1987	3	3	3	20	24	31	16	5.12	1.25	107
	1988	1	2	5	25	18	40	9			
Air	1986	5.25	1.52	146
	1987	4	3	4	16	20	32	21	5.37	1.26	119
	1988	1	1	4	21	17	38	18			

EATING HABITS

2. When I learn new things about good nutrition, I try to change my eating habits accordingly.

Yr.		%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	4	5	6	28	24	25	9	4.74	1.45	2157
	1987	4	5	6	28	24	25	9	4.74	1.45	2157
	1988	4	5	4	26	26	26	9	4.79	1.44	3056
<u>Sex</u>											
Male	1986	4	5	6	28	24	24	9	4.71	1.47	1887
	1987	4	5	6	28	24	24	9	4.71	1.47	1887
	1988	4	5	4	27	26	25	9	4.77	1.44	2666
Female	1986	0	3	6	24	26	31	9	5.02	1.24	251
	1987	0	3	6	24	26	31	9	5.02	1.24	251
	1988	4	5	5	18	25	35	7	4.90	1.45	386
<u>Rank</u>											
Officer	1986	1	3	3	16	31	36	9	5.19	1.21	312
	1987	1	3	3	16	31	36	9	5.19	1.21	312
	1988	1	3	4	14	28	39	11	5.26	1.24	487
Enlisted	1986	4	5	6	29	23	23	9	4.69	1.47	1834
	1987	4	5	6	29	23	23	9	4.69	1.47	1834
	1988	4	5	4	28	25	25	8	4.72	1.45	2549
<u>Age</u>											
< 20 yrs	1986	8	3	3	20	26	25	15	4.87	1.66	66
	1987	8	3	3	20	26	25	15	4.87	1.66	66
	1988	5	4	11	28	21	25	7	4.55	1.49	126
20-24	1986	3	4	7	33	23	21	9	4.67	1.39	473
	1987	3	4	7	33	23	21	9	4.67	1.39	473
	1988	3	6	4	30	23	24	10	4.76	1.45	694
25-29	1986	5	4	7	28	24	22	9	4.66	1.51	546
	1987	5	4	7	28	24	22	9	4.66	1.51	546
	1988	4	5	4	26	27	25	8	4.78	1.42	805
30-34	1986	4	6	5	26	25	27	7	4.70	1.46	434
	1987	4	6	5	26	25	27	7	4.70	1.46	434
	1988	6	5	3	24	30	24	8	4.73	1.48	596
35+	1986	3	4	5	24	24	30	8	4.87	1.40	581
	1987	3	4	5	24	24	30	8	4.87	1.40	581
	1988	3	4	4	23	25	33	8	4.94	1.38	796
<u>Time in Service</u>											
< 3 yrs.	1986	5	6	5	21	27	23	13	4.81	1.57	194
	1987	5	6	5	21	27	23	13	4.81	1.57	194
	1988	4	6	5	27	24	23	11	4.75	1.49	438
3-10	1986	4	4	5	30	24	24	8	4.73	1.42	995
	1987	4	4	5	30	24	24	8	4.73	1.42	995
	1988	4	5	5	27	26	26	8	4.77	1.42	1251
11-20	1986	4	6	7	28	23	24	8	4.63	1.48	696
	1987	4	6	7	28	23	24	8	4.63	1.48	696
	1988	5	4	3	26	26	28	8	4.80	1.43	936
> 20	1986	5	3	1	21	25	38	6	4.95	1.43	151
	1987	5	3	1	21	25	38	6	4.95	1.43	151
	1988	4	3	5	24	25	31	8	4.91	1.39	218
<u>Community</u>											
Land	1986	4	5	4	28	25	25	9	4.77	1.43	1230
	1987	4	5	4	28	25	25	9	4.77	1.43	1230
	1988	5	4	4	26	26	28	8	4.81	1.43	1597
Surface	1986	5	6	8	28	20	25	9	4.63	1.53	506
	1987	5	6	8	28	20	25	9	4.63	1.53	506
	1988	3	5	5	29	23	24	11	4.77	1.46	716
Sub	1986	8	2	7	35	19	22	6	4.45	1.53	123
	1987	8	2	7	35	19	22	6	4.45	1.53	123
	1988	5	7	3	28	37	18	3	4.51	1.38	108
Air	1986	2	4	6	26	22	27	12	4.93	1.41	146
	1987	2	4	6	26	22	27	12	4.93	1.41	146
	1988	3	4	4	22	30	28	9	4.93	1.37	118

EATING HABITS

3. I like to try new and different kinds of foods.

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
<u>Overall</u>	1986	4	2	5	9	20	34	25	5.43	1.52	2157
	1987	4	2	5	9	20	34	25	5.47	1.40	3067
	1988	2	3	4	10	22	34	24			
<u>Sex</u>											
Male	1986	4	2	5	10	21	33	25	5.41	1.52	1886
	1987	4	2	5	10	21	33	25	5.47	1.38	2678
	1988	2	3	4	11	22	34	24			
Female	1986	3	3	5	5	18	36	29	5.57	1.49	262
	1987	3	3	5	5	18	36	29	5.49	1.54	385
	1988	4	4	5	7	20	33	28			
<u>Rank</u>											
Officer	1986	1	3	6	9	17	38	26	5.57	1.35	312
	1987	1	3	6	9	17	38	26	5.70	1.30	489
	1988	1	3	3	7	18	38	29			
Enlisted	1986	4	2	5	9	21	33	26	5.41	1.54	1834
	1987	4	2	5	9	21	33	26	5.44	1.41	2558
	1988	2	3	4	11	22	34	24			
<u>Age</u>											
< 20 yrs	1986	3	3	3	14	19	30	29	5.46	1.51	67
	1987	3	3	3	14	19	30	29	5.61	1.44	126
	1988	1	4	4	12	15	31	33			
20-24	1986	4	2	5	11	19	36	24	5.43	1.50	473
	1987	4	2	5	11	19	36	24	5.34	1.46	697
	1988	3	3	5	11	23	35	20			
25-29	1986	5	2	6	7	23	31	27	5.41	1.58	546
	1987	5	2	6	7	23	31	27	5.52	1.41	808
	1988	2	3	5	9	22	33	27			
30-34	1986	4	3	6	10	19	33	26	5.37	1.57	433
	1987	4	3	6	10	19	33	26	5.54	1.33	600
	1988	2	2	3	11	23	34	25			
35+	1986	3	2	3	10	22	36	23	5.46	1.42	581
	1987	3	2	3	10	22	36	23	5.49	1.36	797
	1988	2	3	4	10	23	35	24			
<u>Time in Service</u>											
< 3 yrs.	1986	5	4	6	11	21	28	24	5.21	1.67	193
	1987	5	4	6	11	21	28	24	5.43	1.43	443
	1988	2	3	4	11	22	33	24			
3-10	1986	3	2	5	8	20	34	28	5.54	1.46	993
	1987	3	2	5	8	20	34	28	5.48	1.41	1253
	1988	2	3	5	9	21	36	24			
11-20	1986	4	3	5	10	21	34	22	5.31	1.55	697
	1987	4	3	5	10	21	34	22	5.49	1.37	941
	1988	2	3	4	10	24	32	25			
> 20	1986	5	3	3	9	18	34	29	5.50	1.57	151
	1987	5	3	3	9	18	34	29	5.44	1.42	218
	1988	3	2	4	14	19	36	23			
<u>Community</u>											
Land	1986	4	2	4	9	20	34	27	5.48	1.50	1231
	1987	4	2	4	9	20	34	27	5.51	1.39	1600
	1988	2	2	4	9	22	35	25			
Surface	1986	5	2	6	11	19	35	22	5.31	1.57	504
	1987	5	2	6	11	19	35	22	5.37	1.44	721
	1988	2	3	4	13	22	32	23			
Sub	1986	2	4	9	9	23	34	18	5.22	1.48	123
	1987	2	4	9	9	23	34	18	5.42	1.26	108
	1988	1	.	7	15	24	30	22			
Air	1986	4	3	6	7	23	30	26	5.41	1.54	146
	1987	4	3	6	7	23	30	26	5.45	1.31	119
	1988	3	2	1	8	32	34	20			

EATING HABITS

1. I like a lot of variety in what I eat.

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
<u>Overall</u>	1986	2	2	5	11	19	32	28	5.54	1.40	2156
	1987	2	2	5	11	19	32	28	5.52	1.35	3061
	1988	1	2	5	13	17	35	26			
<u>Sex</u>											
Male	1986	2	2	5	12	19	32	28	5.52	1.41	1885
	1987	2	2	5	14	17	35	25	5.52	1.33	2674
	1988	1	2	5	14	17	35	25			
Female	1986	2	0	5	10	20	34	29	5.66	1.29	262
	1987	2	0	5	10	20	34	29	5.66	1.29	262
	1988	3	3	4	10	18	36	26	5.48	1.46	383
<u>Rank</u>											
Officer	1986	0	1	5	14	18	39	22	5.55	1.22	313
	1987	0	1	5	14	18	39	22	5.55	1.22	313
	1988	0	3	4	8	17	28	29	5.72	1.25	487
Enlisted	1986	2	2	5	11	19	31	29	5.54	1.42	1832
	1987	2	2	5	11	19	31	29	5.54	1.42	1832
	1988	1	2	5	14	18	35	25	5.49	1.36	2554
<u>Age</u>											
< 20 yrs	1986	3	1	3	11	16	29	38	5.75	1.42	67
	1987	3	1	3	11	16	29	38	5.75	1.42	67
	1988	0	4	7	9	13	34	33	5.65	1.41	125
20-24	1986	3	1	5	11	20	35	26	5.52	1.37	473
	1987	3	1	5	11	20	35	26	5.52	1.37	473
	1988	2	3	5	13	18	33	25	5.44	1.43	696
25-29	1986	1	2	5	13	19	28	31	5.56	1.38	543
	1987	1	2	5	13	19	28	31	5.56	1.38	543
	1988	1	2	4	14	17	36	26	5.57	1.30	808
30-34	1986	1	3	8	10	20	30	28	5.47	1.44	434
	1987	1	3	8	10	20	30	28	5.47	1.44	434
	1988	1	1	6	14	18	35	25	5.50	1.33	599
35+	1986	2	2	4	12	17	37	26	5.55	1.38	582
	1987	2	2	4	12	17	37	26	5.55	1.38	582
	1988	0	3	5	13	19	36	24	5.52	1.29	794
<u>Time in Service</u>											
< 3 yrs.	1986	3	1	6	14	19	30	28	5.45	1.47	194
	1987	3	1	6	14	19	30	28	5.45	1.47	194
	1988	1	3	4	15	15	35	27	5.55	1.34	441
3-10	1986	2	1	6	11	20	33	29	5.58	1.36	990
	1987	2	1	6	11	20	33	29	5.58	1.36	990
	1988	1	2	5	13	18	36	25	5.52	1.36	1252
11-20	1986	1	4	4	12	21	32	26	5.48	1.39	697
	1987	1	4	4	12	21	32	26	5.48	1.39	697
	1988	1	2	6	14	19	34	24	5.47	1.34	939
> 20	1986	5	2	3	10	11	39	31	5.62	1.54	152
	1987	5	2	3	10	11	39	31	5.62	1.54	152
	1988	0	3	4	15	15	38	26	5.59	1.28	217
<u>Community</u>											
Land	1986	2	2	5	10	19	34	28	5.55	1.39	1229
	1987	2	2	5	10	19	34	28	5.55	1.39	1229
	1988	1	2	5	12	18	35	26	5.54	1.35	1597
Surface	1986	2	2	5	13	19	29	29	5.48	1.47	505
	1987	2	2	5	13	19	29	29	5.48	1.47	505
	1988	1	2	5	15	17	32	27	5.52	1.34	722
Sub	1986	1	1	6	13	22	32	25	5.51	1.28	123
	1987	1	1	6	13	22	32	25	5.51	1.28	123
	1988	0	4	8	19	11	38	21	5.32	1.41	106
Air	1986	1	3	6	10	23	29	28	5.52	1.37	146
	1987	1	3	6	10	23	29	28	5.52	1.37	146
	1988	2	3	5	10	18	41	21	5.48	1.37	118

EATING HABITS

5. My favorite meal would include a thick juicy steak.

	Yr.	1							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	11	9	11	18	17	15	20	4.45	1.95	2155
	1987	11	9	11	18	17	15	20	4.48	1.95	3064
	1988	11	8	11	18	16	16	20			
Sex											
Male	1986	10	8	11	18	17	15	21	4.55	1.93	1885
	1987	10	8	10	19	16	17	21	4.57	1.91	2673
	1988	10	8	10	19	16	17	21			
Female	1986	16	21	9	18	15	12	9	3.69	1.92	261
	1987	16	21	9	18	15	12	9	3.77	2.06	387
	1988	21	11	16	13	14	11	14			
Rank											
Officer	1986	13	15	12	22	17	13	7	3.84	1.81	311
	1987	13	15	10	20	19	13	9	3.91	1.89	489
	1988	15	15	10	20	19	13	9			
Enlisted	1986	10	9	10	18	17	15	21	4.52	1.95	1833
	1987	10	9	10	18	17	15	21	4.54	1.94	2555
	1988	10	8	11	18	16	16	21			
Age											
< 20 yrs	1986	8	5	7	19	15	15	32	5.04	1.90	67
	1987	8	5	7	19	15	15	32	4.90	1.74	126
	1988	4	6	15	14	19	18	24			
20-24	1986	10	9	11	14	17	17	21	4.56	1.97	473
	1987	10	9	11	14	17	17	21	4.64	1.90	697
	1988	9	6	12	19	15	17	23			
25-29	1986	10	8	9	19	18	14	23	4.59	1.93	545
	1987	10	8	9	19	18	14	23	4.46	1.96	806
	1988	11	9	10	16	18	16	19			
30-34	1986	11	10	14	17	13	13	22	4.36	2.01	434
	1987	11	10	14	17	13	13	22	4.36	2.02	599
	1988	14	9	10	18	16	14	20			
35+	1986	13	11	9	22	19	13	13	4.15	1.88	579
	1987	13	11	9	22	19	13	13	4.28	1.96	797
	1988	13	10	10	20	15	16	16			
Time in Service											
< 3 yrs.	1986	9	6	8	19	18	16	26	4.81	1.89	194
	1987	9	6	8	19	18	16	26	4.75	1.85	442
	1988	8	4	14	17	17	16	24			
3-10	1986	11	9	11	17	17	16	19	4.47	1.94	991
	1987	11	10	10	18	17	16	19	4.43	1.96	1252
	1988	11	10	10	18	17	16	19			
11-20	1986	10	11	11	21	15	12	20	4.37	1.93	697
	1987	10	11	11	21	15	12	20	4.34	1.98	939
	1988	13	8	12	20	14	16	18			
> 20	1986	13	10	9	17	22	14	17	4.31	1.96	150
	1987	13	10	9	17	22	14	17	4.57	1.98	218
	1988	10	12	7	15	15	21	20			
Community											
Land	1986	12	10	11	18	16	15	20	4.43	1.96	1228
	1987	12	10	11	18	17	15	18	4.40	1.95	1601
	1988	12	8	11	18	17	16	18			
Surface	1986	13	10	9	18	14	14	23	4.43	2.05	505
	1987	13	10	9	18	14	14	23	4.58	1.95	718
	1988	10	7	12	19	13	17	22			
Sub	1986	5	6	11	16	21	23	18	4.81	1.71	123
	1987	5	6	11	16	21	23	18	4.57	1.86	108
	1988	8	11	2	27	17	13	21			
Air	1986	9	9	12	22	22	12	15	4.33	1.79	146
	1987	9	9	12	22	22	12	15	4.46	1.89	118
	1988	9	9	12	17	19	14	19			

EATING HABITS

6. I think a little extra fat on meat really improves its tastiness.

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	23	11	12	19	15	12	9	3.62	1.98	2151
	1987	23	11	12	19	15	12	9	3.62	1.98	2151
	1988	24	12	10	18	15	12	8	3.59	1.98	3059
<u>Sex</u>											
Male	1986	22	11	12	19	15	12	9	3.67	1.98	1882
	1987	22	11	11	19	16	13	8	3.64	1.96	2670
	1988	22	12	11	19	16	13	8	3.64	1.96	2670
Female	1986	29	14	11	18	13	6	8	3.23	1.97	260
	1987	33	16	8	13	13	9	8	3.18	2.06	385
	1988	33	16	8	13	13	9	8	3.18	2.06	385
<u>Rank</u>											
Officer	1986	24	14	11	15	18	16	4	3.53	1.93	313
	1987	24	14	11	15	18	16	4	3.53	1.93	313
	1988	20	18	11	13	20	13	6	3.57	1.91	488
Enlisted	1986	23	11	12	19	14	11	10	3.62	1.99	1827
	1987	23	11	12	19	14	11	10	3.62	1.99	1827
	1988	24	12	10	19	15	12	8	3.59	1.99	2551
<u>Age</u>											
< 20 yrs	1986	26	9	17	15	8	8	16	3.57	2.14	66
	1987	26	9	17	15	8	8	16	3.57	2.14	66
	1988	29	10	9	17	18	7	11	3.48	2.06	126
20-24	1986	25	12	13	20	14	9	7	3.40	1.92	472
	1987	25	12	13	20	14	9	7	3.40	1.92	472
	1988	31	10	11	16	13	11	8	3.33	2.03	697
25-29	1986	23	12	10	20	13	10	13	3.69	2.05	544
	1987	23	12	10	20	13	10	13	3.69	2.05	544
	1988	22	13	11	19	13	14	8	3.61	1.95	802
30-34	1986	24	11	10	17	18	13	7	3.61	1.97	432
	1987	24	11	10	17	18	13	7	3.61	1.97	432
	1988	17	12	11	20	17	14	9	3.86	1.91	599
35+	1986	19	10	12	18	17	17	7	3.83	1.94	580
	1987	19	10	12	18	17	17	7	3.83	1.94	580
	1988	20	14	9	18	18	13	8	3.71	1.95	796
<u>Time in Service</u>											
< 3 yrs.	1986	29	8	14	18	13	8	9	3.37	1.98	193
	1987	29	8	14	18	13	8	9	3.37	1.98	193
	1988	32	11	9	17	14	9	9	3.31	2.06	440
3-10	1986	22	13	11	19	14	10	10	3.59	1.97	990
	1987	22	13	11	19	14	10	10	3.59	1.97	990
	1988	23	12	12	18	15	13	7	3.59	1.95	1252
11-20	1986	22	9	11	18	17	15	8	3.76	1.98	694
	1987	22	9	11	18	17	15	8	3.76	1.98	694
	1988	18	15	9	20	16	14	8	3.75	1.93	939
> 20	1986	14	9	16	19	19	16	7	3.95	1.81	152
	1987	14	9	16	19	19	16	7	3.95	1.81	152
	1988	21	9	12	16	18	15	9	3.81	1.98	217
<u>Community</u>											
Lend	1986	23	11	11	18	15	13	9	3.67	2.00	1226
	1987	23	11	11	18	15	13	9	3.67	2.00	1226
	1988	24	12	10	17	16	12	8	3.59	2.00	1595
Surface	1986	27	11	10	19	14	10	9	3.46	2.01	505
	1987	27	11	10	19	14	10	9	3.46	2.01	505
	1988	26	11	12	20	13	11	7	3.43	1.95	721
Sub	1986	15	17	16	19	15	9	9	3.66	1.84	123
	1987	15	17	16	19	15	9	9	3.66	1.84	123
	1988	23	15	10	16	19	13	5	3.53	1.93	106
Air	1986	18	11	18	19	18	9	7	3.63	1.81	146
	1987	18	11	18	19	18	9	7	3.63	1.81	146
	1988	21	14	9	17	20	15	4	3.62	1.89	118

EATING HABITS

7. It seems like everything I really enjoy eating is bad for me.

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	1	2	5	25	16	11	9	3.88	1.77	2157
	1987	13	12	15	25	16	12	9	3.95	1.76	3065
	1988	12	13	13	24	18	12	9			
Sex											
Male	1986	1	1	1	25	16	11	9	3.88	1.77	1886
	1987	13	11	16	25	16	11	9	3.94	1.75	2675
	1988	12	13	12	25	19	11	8			
Female	1986	1	2	9	20	20	11	9	3.90	1.82	262
	1987	10	20	9	20	20	11	9	4.05	1.87	386
	1988	11	14	15	18	15	15	12			
Rank											
Officer	1986	1	1	1	25	15	9	2	3.47	1.60	313
	1987	14	17	17	25	15	9	2	3.48	1.67	489
	1988	15	20	14	22	18	9	3			
Enlisted	1986	1	1	15	25	16	11	10	3.92	1.79	1833
	1987	13	11	15	25	16	12	10	4.01	1.77	2556
	1988	11	12	12	25	18	12	10			
Age											
< 20 yrs	1986	1	1	1	23	11	18	10	3.98	1.91	66
	1987	14	12	12	23	11	18	10	3.88	1.69	127
	1988	10	13	16	24	22	6	9			
20-24	1986	1	1	15	24	18	9	7	3.75	1.74	473
	1987	14	13	15	24	18	9	7	3.88	1.77	695
	1988	13	12	13	25	19	11	8			
25-29	1986	1	1	17	23	17	12	7	3.87	1.74	546
	1987	13	10	17	23	17	12	7	3.89	1.69	807
	1988	10	14	13	26	18	12	6			
30-34	1986	1	1	16	25	14	9	12	3.89	1.84	434
	1987	13	11	16	25	14	9	12	4.12	1.77	601
	1988	10	12	13	22	20	13	11			
35+	1986	1	1	12	28	16	12	9	4.00	1.76	581
	1987	11	11	12	28	16	12	9	4.00	1.85	797
	1988	13	14	9	23	17	13	11			
Time in Service											
< 3 yrs.	1986	1	1	1	25	13	11	13	3.99	1.88	193
	1987	13	11	14	25	13	11	13	3.84	1.77	442
	1988	14	10	15	24	18	9	8			
3-10	1986	1	1	17	23	17	9	7	3.74	1.73	994
	1987	13	13	17	23	17	9	7	3.84	1.69	1251
	1988	11	14	14	26	18	11	6			
11-20	1986	1	1	14	26	17	11	10	4.00	1.77	697
	1987	12	10	14	26	17	11	10	4.10	1.83	942
	1988	11	13	11	23	18	13	12			
> 20	1986	1	1	9	30	16	15	4	3.88	1.71	151
	1987	13	12	9	30	16	15	4	4.02	1.79	218
	1988	12	14	8	24	21	13	9			
Community											
Land	1986	1	1	1	23	17	11	10	3.90	1.82	1231
	1987	13	13	14	23	17	12	9	3.96	1.78	1600
	1988	11	13	13	23	18	12	9			
Surface	1986	1	1	1	26	15	12	9	3.89	1.79	504
	1987	14	10	14	26	15	12	9	3.93	1.80	721
	1988	14	11	11	24	20	11	9			
Sub	1986	1	1	20	28	20	11	5	3.92	1.54	123
	1987	8	9	20	28	20	11	5	4.00	1.55	108
	1988	6	16	10	32	21	9	6			
Air	1986	1	1	18	32	17	7	4	3.68	1.57	146
	1987	13	9	18	32	17	7	4	3.82	1.54	119
	1988	11	15	18	25	9	14	9			

EATING HABITS

8. When it comes to food, I have no willpower.

	Yr.	1							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall											
	1986	25	19	15	19	11	6	4	3.06	1.74	2152
	1987	23	20	16	21	12	5	4	3.09	1.69	3057
	1988										
Sex											
Male											
	1986	26	19	15	20	11	5	4	3.01	1.71	1881
	1987	23	20	16	22	12	4	4	3.07	1.67	2666
	1988										
Female											
	1986	21	19	15	13	12	14	7	3.43	1.95	262
	1987	24	18	16	11	15	11	5	3.26	1.88	387
	1988										
Rank											
Officer											
	1986	27	25	17	15	11	3	2	2.78	1.60	312
	1987	21	30	17	15	13	3	1	2.84	1.51	488
	1988										
Enlisted											
	1986	25	19	15	20	11	7	4	3.09	1.75	1829
	1987	23	18	15	22	12	5	4	3.12	1.71	2549
	1988										
Age											
< 20 yrs											
	1986	30	21	5	18	12	8	6	3.07	1.96	67
	1987	19	16	15	21	17	6	6	3.40	1.78	126
	1988										
20-24											
	1986	25	18	16	22	9	6	4	3.06	1.71	471
	1987	24	18	14	22	12	5	5	3.13	1.75	696
	1988										
25-29											
	1986	25	22	14	20	9	6	4	3.03	1.73	545
	1987	23	20	17	24	9	5	3	3.04	1.63	807
	1988										
30-34											
	1986	24	17	18	17	12	8	4	3.18	1.78	431
	1987	22	20	16	18	14	6	4	3.15	1.71	597
	1988										
35+											
	1986	27	20	14	18	13	5	3	3.01	1.72	581
	1987	24	22	16	19	12	4	4	2.99	1.67	793
	1988										
Time in Service											
< 3 yrs.											
	1986	26	18	13	20	12	7	5	3.16	1.82	194
	1987	21	18	16	22	13	4	6	3.21	1.73	441
	1988										
3-10											
	1986	25	22	15	20	9	6	4	2.99	1.72	991
	1987	23	19	15	22	11	5	4	3.09	1.69	1251
	1988										
11-20											
	1986	23	17	15	20	15	7	3	3.19	1.71	694
	1987	23	22	16	19	11	5	4	3.03	1.68	938
	1988										
> 20											
	1986	35	19	17	16	7	4	3	2.63	1.64	152
	1987	23	25	15	17	16	3	2	2.93	1.59	216
	1988										
Community											
Land											
	1986	26	19	14	18	11	8	5	3.10	1.81	1229
	1987	23	22	16	18	12	6	3	3.05	1.69	1595
	1988										
Surface											
	1986	26	19	14	20	11	6	3	3.01	1.72	504
	1987	25	18	15	22	12	4	6	3.16	1.77	717
	1988										
Sub											
	1986	14	29	14	27	9	5	2	3.11	1.50	122
	1987	15	17	13	40	10	5	0	3.29	1.41	108
	1988										
Air											
	1986	18	24	16	28	11	3	1	3.03	1.44	146
	1987	18	23	20	20	10	3	6	3.16	1.68	119
	1988										

EATING HABITS

9. I just can't seem to change certain bad eating habits.

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall											
	1986	19	15	13	25	16	9	4	3.46	1.72	2155
	1987	19	15	13	25	16	9	4	3.46	1.72	2155
	1988	16	15	13	25	17	8	4	3.53	1.70	3062
Sex											
Male											
	1986	19	15	13	25	16	7	3	3.39	1.69	1884
	1987	19	15	13	25	16	7	3	3.39	1.69	1884
	1988	17	15	14	26	17	7	4	3.49	1.68	2671
Female											
	1986	13	14	12	18	18	17	8	3.98	1.87	262
	1987	13	14	12	18	18	17	8	3.98	1.87	262
	1988	14	15	11	22	17	14	8	3.84	1.84	387
Rank											
Officer											
	1986	17	23	16	19	16	7	2	3.21	1.62	312
	1987	17	23	16	19	16	7	2	3.21	1.62	312
	1988	18	25	12	18	19	6	2	3.18	1.63	489
Enlisted											
	1986	19	14	13	25	16	9	4	3.48	1.73	1832
	1987	19	14	13	25	16	9	4	3.48	1.73	1832
	1988	16	14	13	26	17	8	5	3.58	1.70	2553
Age											
< 20 yrs											
	1986	25	12	3	26	13	15	7	3.60	1.99	67
	1987	25	12	3	26	13	15	7	3.60	1.99	67
	1988	15	17	11	22	16	10	9	3.69	1.85	126
20-24											
	1986	18	15	11	26	17	9	3	3.49	1.70	472
	1987	18	15	11	26	17	9	3	3.49	1.70	472
	1988	16	15	14	25	17	8	5	3.60	1.72	695
25-29											
	1986	20	15	14	24	17	7	3	3.37	1.70	545
	1987	20	15	14	24	17	7	3	3.37	1.70	545
	1988	16	15	13	29	16	8	4	3.53	1.65	807
30-34											
	1986	18	14	15	24	14	9	6	3.52	1.76	433
	1987	18	14	15	24	14	9	6	3.52	1.76	433
	1988	17	13	15	23	18	10	4	3.55	1.72	600
35+											
	1986	19	14	15	25	16	6	3	3.38	1.66	581
	1987	19	14	15	25	16	6	3	3.38	1.66	581
	1988	18	18	12	23	18	6	4	3.38	1.70	796
Time in Service											
< 3 yrs.											
	1986	25	10	10	23	15	12	6	3.53	1.91	194
	1987	25	10	10	23	15	12	6	3.53	1.91	194
	1988	14	15	13	26	17	7	7	3.67	1.74	440
3-10											
	1986	18	17	13	24	17	8	3	3.43	1.69	990
	1987	18	17	13	24	17	8	3	3.43	1.69	990
	1988	16	15	13	27	18	8	4	3.52	1.67	1253
11-20											
	1986	17	13	15	26	17	8	4	3.56	1.70	697
	1987	17	13	15	26	17	8	4	3.56	1.70	697
	1988	16	15	14	24	18	9	4	3.54	1.70	940
> 20											
	1986	25	18	18	24	8	5	2	2.96	1.60	152
	1987	25	18	18	24	8	5	2	2.96	1.60	152
	1988	20	20	12	25	16	4	3	3.21	1.63	218
Community											
Land											
	1986	19	15	13	24	16	9	5	3.46	1.75	1230
	1987	19	15	13	24	16	9	5	3.46	1.75	1230
	1988	15	18	13	24	17	9	4	3.54	1.71	1598
Surface											
	1986	20	14	12	26	15	10	4	3.44	1.75	504
	1987	20	14	12	26	15	10	4	3.44	1.75	504
	1988	20	11	10	28	18	7	6	3.58	1.77	721
Sub											
	1986	13	14	16	27	21	5	3	3.58	1.55	123
	1987	13	14	16	27	21	5	3	3.58	1.55	123
	1988	9	12	20	34	18	6	2	3.64	1.40	107
Air											
	1986	16	16	17	27	19	4	1	3.35	1.51	145
	1987	16	16	17	27	19	4	1	3.35	1.51	145
	1988	13	16	20	31	12	5	3	3.38	1.50	118

EATING HABITS

10. I have a really hard time controlling the amount of junk food I eat.

		%							Mean	SD	N
Yr.		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	32	19	14	15	11	5	3	2.79	1.1	2154
	1987	32	19	14	15	11	5	3	2.79	1.1	2154
	1988	28	21	14	18	11	5	3	2.88	1.69	3061
Sex											
Male	1986	33	20	14	16	10	5	2	2.74	1.69	1885
	1987	33	20	14	16	10	5	2	2.74	1.69	1885
	1988	29	21	14	19	11	5	2	2.87	1.67	2671
Female	1986	23	20	16	13	14	6	7	3.21	1.86	260
	1987	23	20	16	13	14	6	7	3.21	1.86	260
	1988	28	22	15	11	12	8	4	2.99	1.83	386
Rank											
Officer	1986	30	25	17	12	11	3	2	2.67	1.59	312
	1987	30	25	17	12	11	3	2	2.67	1.59	312
	1988	29	24	17	11	15	4	1	2.72	1.57	488
Enlisted	1986	33	19	14	16	11	5	3	2.81	1.73	1831
	1987	33	19	14	16	11	5	3	2.81	1.73	1831
	1988	28	21	13	19	11	5	3	2.90	1.70	2553
Age											
< 20 yrs	1986	28	18	8	17	17	10	3	3.19	1.87	67
	1987	28	18	8	17	17	10	3	3.19	1.87	67
	1988	26	19	10	18	17	5	4	3.15	1.81	126
20-24	1986	31	18	16	18	10	5	3	2.86	1.69	471
	1987	31	18	16	18	10	5	3	2.86	1.69	471
	1988	26	20	15	20	10	5	4	3.02	1.73	695
25-29	1986	35	21	13	15	9	5	3	2.71	1.73	807
	1987	35	21	13	15	9	5	3	2.71	1.73	807
	1988	28	23	16	17	11	5	1	2.81	1.60	807
30-34	1986	32	22	13	12	12	7	2	2.78	1.73	434
	1987	32	22	13	12	12	7	2	2.78	1.73	434
	1988	29	21	14	16	12	7	2	2.91	1.71	598
35+	1986	34	19	15	16	11	4	2	2.70	1.64	580
	1987	34	19	15	16	11	4	2	2.70	1.64	580
	1988	33	22	11	18	11	4	2	2.71	1.66	797
Time in Service											
< 3 yrs.	1986	29	17	13	18	12	7	4	3.06	1.83	194
	1987	29	17	13	18	12	7	4	3.06	1.83	194
	1988	24	21	15	20	12	4	4	3.06	1.70	440
3-10	1986	33	21	14	14	10	5	3	2.76	1.72	991
	1987	33	21	14	14	10	5	3	2.76	1.72	991
	1988	28	22	16	17	10	5	2	2.85	1.65	1251
11-20	1986	31	19	15	15	11	5	3	2.82	1.71	695
	1987	31	19	15	15	11	5	3	2.82	1.71	695
	1988	30	21	12	17	13	6	2	2.88	1.71	940
> 20	1986	42	22	12	8	10	2	2	2.36	1.60	152
	1987	42	22	12	8	10	2	2	2.36	1.60	152
	1988	37	21	11	19	8	3	2	2.56	1.60	218
Community											
Land	1986	33	19	15	14	10	6	3	2.81	1.75	1228
	1987	33	19	15	14	10	6	3	2.81	1.75	1228
	1988	30	22	13	15	11	6	2	2.85	1.71	1597
Surface	1986	34	19	12	15	10	7	2	2.76	1.73	504
	1987	34	19	12	15	10	7	2	2.76	1.73	504
	1988	27	16	16	20	12	4	5	3.04	1.74	720
Sub	1986	22	23	15	22	12	3	3	3.02	1.63	123
	1987	22	23	15	22	12	3	3	3.02	1.63	123
	1988	18	19	19	28	15	2	0	3.11	1.42	108
Air	1986	28	22	17	16	10	1	5	2.78	1.65	146
	1987	28	22	17	16	10	1	5	2.78	1.65	146
	1988	24	22	24	18	10	1	0	2.74	1.36	119

EATING HABITS

11. I believe that being overweight is really bad for your health.

	Yr.	%							Mean	SD	N
		1 Disagree strongly	2 Disagree moderately	3 Disagree slightly	4 Neither agree nor disagree	5 Agree slightly	6 Agree generally	7 Agree strongly			
Overall	1986	4	2	2	7	9	22	55	6.03	1.50	2155
	1987	4	2	2	7	9	22	55	5.97	1.53	3059
	1988	3	2	2	7	10	22	54			
Sex											
Male	1986	4	2	2	7	9	22	55	6.01	1.52	1884
	1987	4	2	2	7	9	22	55	5.95	1.53	2668
	1988	3	2	3	7	10	21	53			
Female	1986	4	0	2	4	11	25	55	6.14	1.36	262
	1987	4	0	2	4	11	25	55	6.07	1.54	387
	1988	5	1	2	4	6	25	57			
Rank											
Officer	1986	4	1	2	2	9	28	54	6.12	1.42	313
	1987	4	1	2	2	9	27	58	6.27	1.21	488
	1988	2	1	2	2	8					
Enlisted	1986	4	2	2	7	9	21	55	6.01	1.51	1831
	1987	4	2	2	7	9	21	55	5.93	1.56	2552
	1988	4	2	3	8	10	21	53			
Age											
< 20 yrs	1986	9	5	3	3	5	19	57	5.73	2.00	67
	1987	9	5	3	3	5	19	57	6.09	1.56	126
	1988	5	1	2	5	8	18	61			
20-24	1986	5	1	2	6	11	18	57	5.99	1.57	471
	1987	5	1	2	6	11	18	57	5.83	1.67	693
	1988	5	3	2	8	11	18	53			
25-29	1986	4	1	3	7	9	22	54	5.98	1.53	544
	1987	4	1	3	7	9	22	54	5.90	1.61	806
	1988	4	2	3	6	9	22	53			
30-34	1986	2	2	1	6	8	23	57	6.15	1.36	434
	1987	2	2	1	6	8	23	57	6.08	1.37	599
	1988	2	2	2	7	9	23	55			
35+	1986	2	1	2	8	7	27	52	6.05	1.36	582
	1987	2	1	2	8	7	27	52	6.11	1.30	797
	1988	2	1	2	7	9	26	54			
Time in Service											
< 3 yrs.	1986	7	2	2	4	8	20	57	5.90	1.77	194
	1987	7	2	2	4	8	20	57	5.75	1.72	440
	1988	5	3	3	9	10	19	50			
3-10	1986	4	2	2	7	11	20	54	5.97	1.54	989
	1987	4	2	2	7	11	20	54	5.94	1.57	1250
	1988	4	2	3	6	10	22	53			
11-20	1986	2	2	2	8	8	25	54	6.07	1.40	697
	1987	2	2	2	8	8	25	54	6.10	1.35	941
	1988	2	2	2	7	9	23	55			
> 20	1986	1	1	1	3	5	25	64	6.39	1.12	152
	1987	1	1	1	3	5	25	64	6.26	1.04	217
	1988	0	0	1	8	8	27	55			
Community											
Land	1986	3	2	2	7	8	23	56	6.07	1.45	1230
	1987	3	2	2	7	8	23	56	6.04	1.51	1598
	1988	3	2	2	6	8	22	56			
Surface	1986	4	2	2	8	9	21	54	5.92	1.62	503
	1987	4	2	2	8	9	21	54	5.83	1.66	717
	1988	4	2	3	10	10	18	53			
Sub	1986	5	.	4	3	15	21	51	5.93	1.54	123
	1987	5	1	3	7	15	21	51	6.03	1.15	108
	1988	.	1	3	7	14	30	44			
Air	1986	2	1	3	6	11	15	63	6.19	1.34	146
	1987	2	1	3	6	11	15	63	6.15	1.38	119
	1988	4	1	.	4	8	29	54			

EATING HABITS

12. In my opinion overweight people can never look good.

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	4.72	1.95	2151
	1987	10	6	10	18	13	19	25	4.72	1.95	2151
	1988	11	7	10	18	13	18	22	4.58	1.97	3054
<u>Sex</u>											
Male	1986	4.74	1.96	1880
	1987	10	6	10	18	13	18	26	4.74	1.96	1880
	1988	11	7	10	18	13	19	22	4.62	1.95	2665
Female	1986	4.54	1.89	262
	1987	8	12	11	16	13	24	17	4.54	1.89	262
	1988	12	12	12	18	11	13	22	4.31	2.06	385
<u>Rank</u>											
Officer	1986	5.23	1.66	313
	1987	4	5	8	13	13	32	25	5.23	1.66	313
	1988	3	4	8	12	21	31	22	5.22	1.55	488
Enlisted	1986	4.66	1.98	1827
	1987	11	7	10	18	13	17	25	4.66	1.98	1827
	1988	12	8	10	19	12	17	22	4.51	2.00	2546
<u>Age</u>											
< 20 yrs	1986	4.25	2.25	67
	1987	20	6	13	16	8	10	27	4.25	2.25	67
	1988	18	6	7	28	8	10	23	4.26	2.11	126
20-24	1986	4.61	2.00	470
	1987	12	7	8	20	14	16	24	4.61	2.00	470
	1988	14	9	12	20	9	15	21	4.31	2.06	695
25-29	1986	4.59	1.96	544
	1987	10	8	11	19	11	18	22	4.59	1.96	544
	1988	9	9	12	17	13	18	22	4.59	1.95	799
30-34	1986	4.84	1.93	432
	1987	9	5	11	15	12	22	26	4.84	1.93	432
	1988	10	6	8	16	16	23	21	4.74	1.92	599
35+	1986	4.95	1.85	581
	1987	8	4	9	16	14	23	26	4.95	1.85	581
	1988	7	6	9	18	16	22	23	4.86	1.82	797
<u>Time in Service</u>											
< 3 yrs.	1986	4.57	2.04	194
	1987	13	6	11	17	14	14	26	4.57	2.04	194
	1988	16	7	14	22	8	14	20	4.18	2.05	437
3-10	1986	4.64	1.99	987
	1987	11	8	9	18	12	18	24	4.64	1.99	987
	1988	10	9	10	17	13	19	22	4.59	1.97	1247
11-20	1986	4.82	1.88	696
	1987	8	5	12	17	13	21	24	4.82	1.88	696
	1988	9	6	9	16	16	20	23	4.78	1.90	939
> 20	1986	5.29	1.77	152
	1987	7	3	3	12	16	29	29	5.29	1.77	152
	1988	5	6	7	19	15	24	25	5.02	1.76	218
<u>Community</u>											
Land	1986	4.78	1.92	1230
	1987	9	6	10	18	13	19	25	4.78	1.92	1230
	1988	11	9	9	19	12	18	22	4.54	1.98	1591
Surface	1986	4.46	2.09	502
	1987	14	8	10	16	12	15	24	4.46	2.09	502
	1988	14	6	12	19	10	18	21	4.45	2.04	719
Air	1986	4.92	1.80	121
	1987	7	5	7	20	13	25	23	4.92	1.80	121
	1988	4	5	11	12	18	26	24	5.09	1.70	108

EATING HABITS

13. I eat more when I feel down or depressed.

	Yr.	t							Mean	SD	N
		1	2	3	4	5	6	7			
		Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986	3.44	1.92	2159
	1987	26	10	9	25	13	9	7	3.47	1.91	2159
	1988	25	12	9	25	13	9	7			3066
Sex											
	Male	1986	3.37	1.88	1838
		1987	27	11	9	27	12	8	3.37	1.86	2675
		1988	25	12	9	26	13	8			
Female	1986	4.01	2.14	262
	1987	23	9	7	12	19	16	14	4.22	2.14	262
	1988	20	8	5	15	17	17	18			387
Rank											
	Officer	1986	3.75	1.80	312
		1987	17	12	9	25	19	12	3.70	1.87	489
		1988	20	11	8	21	20	14			
Enlisted	1986	3.41	1.93	1836
	1987	27	10	9	25	12	9	7	3.44	1.92	2557
	1988	25	12	9	26	12	9	8			
Age											
	< 20 yrs	1986	3.73	2.18	67
		1987	27	8	8	24	6	12	3.68	1.99	127
		1988	21	13	4	29	11	8			
20-24	1986	3.38	1.84	474
	1987	25	12	9	26	15	8	5	3.38	1.90	695
	1988	25	13	9	26	11	8	8			
25-29	1986	3.46	1.95	546
	1987	26	10	9	26	12	9	9	3.42	1.86	808
	1988	26	12	9	27	13	8	6			
30-34	1986	3.42	1.90	434
	1987	1	15	9	22	15	9	7	3.61	1.94	601
	1988	1	10	9	21	17	12	7			
35+	1986	3.45	1.96	581
	1987	29		9	26	11	11	7	3.47	1.94	797
	1988	26		8	25	14	10	7			
Time in Service											
	< 3 yrs.	1986	3.55	2.07	194
		1987	27	9	8	26	7	12	3.48	1.93	441
		1988	23	14	9	24	12	9			
3-10	1986	3.43	1.89	994
	1987	26	11	9	25	14	9	6	3.44	1.88	1253
	1988	24	13	9	26	13	9	6			
11-20	1986	3.47	1.91	696
	1987	25	10	10	26	12	10	7	3.48	1.94	941
	1988	26	10	9	23	15	10	7			
> 20	1986	3.03	1.84	152
	1987	35	9	7	26	14	4	4	3.54	1.87	218
	1988	24	10	4	34	12	10	6			
Community											
	Land	1986	3.46	1.96	1233
		1987	27	9	10	24	12	8	3.47	1.94	1600
		1988	25	12	8	23	15	7			
Surface	1986	3.36	1.87	506
	1987	27	11	8	27	14	7	6	3.46	1.92	720
	1988	25	11	9	27	10	9	8			
Sub	1986	3.68	1.77	123
	1987	16	13	10	30	14	12	5	3.40	1.74	108
	1988	18	21	5	32	13	4	6			
Air	1986	3.55	1.95	144
	1987	23	15	7	22	16	10	8	3.42	1.74	119
	1988	21	13	9	32	12	9	4			

EATING HABITS

14. When I'm under stress, I eat a lot.

		Yr.								Mean	SD	N
			1	2	3	4	5	6	7			
			Disagree strongly	Disagree moderately	Disagree slightly	Neither agree nor disagree	Agree slightly	Agree generally	Agree strongly			
Overall	1986		31	12	10	23	12	7	5	3.16	1.88	2158
	1987		31	12	10	23	12	7	5	3.20	1.90	3063
	1988		30	12	10	23	11	7	6			
Sex												
Male	1986		32	12	10	25	11	7	4	3.10	1.84	1888
	1987		30	12	10	25	11	6	6	3.14	1.85	2674
	1988											
Female	1986		28	11	6	12	22	10	10	3.59	2.11	261
	1987		27	12	8	12	16	13	12	3.65	2.16	385
	1988											
Rank												
Officer	1986		18	15	9	23	19	10	6	3.62	1.82	311
	1987		21	14	10	18	20	11	6	3.61	1.88	488
	1988											
Enlisted	1986		33	11	10	23	11	7	5	3.10	1.88	1836
	1987		31	12	10	24	10	6	6	3.15	1.89	2555
	1988											
Age												
< 20 yrs	1986		33	8	8	24	11	6	11	3.33	2.07	67
	1987		27	11	12	22	9	7	11	3.40	2.01	125
	1988											
20-24	1986		32	10	11	24	12	6	4	3.09	1.82	474
	1987		33	13	10	24	10	6	5	3.03	1.84	697
	1988											
25-29	1986		32	12	9	23	12	7	4	3.12	1.86	547
	1987		28	13	10	26	10	7	7	3.24	1.88	806
	1988											
30-34	1986		29	15	7	23	13	7	6	3.22	1.92	431
	1987		29	11	11	21	15	7	6	3.27	1.90	600
	1988											
35+	1986		31	10	10	23	12	8	6	3.19	1.90	582
	1987		30	12	8	22	12	9	6	3.27	1.94	797
	1988											
Time in Service												
< 3 yrs.	1986		35	9	11	23	8	5	10	3.15	2.00	194
	1987		28	13	14	23	8	8	6	3.17	1.86	440
	1988											
3-10	1986		32	12	9	23	13	8	4	3.11	1.86	993
	1987		30	13	9	25	11	6	6	3.16	1.86	1252
	1988											
11-20	1986		29	13	10	24	12	7	5	3.24	1.89	696
	1987		30	11	10	21	13	7	7	3.26	1.94	940
	1988											
> 20	1986		38	15	9	22	10	4	2	2.70	1.70	152
	1987		30	11	9	28	9	10	4	3.21	1.85	218
	1988											
Community												
Land	1986		32	12	10	22	13	7	6	3.15	1.90	1231
	1987		30	13	9	22	11	8	6	3.21	1.92	1599
	1988											
Surface	1986		34	10	9	23	11	7	6	3.10	1.91	506
	1987		32	10	11	25	10	6	7	3.17	1.91	719
	1988											
Sub	1986		19	11	11	35	12	9	4	3.52	1.69	123
	1987		24	11	9	34	10	6	5	3.32	1.76	108
	1988											
Air	1986		24	17	10	26	13	8	2	3.21	1.72	145
	1987		27	20	10	20	11	7	5	3.10	1.83	119
	1988											

VALUES REGARDING HEALTH AND FITNESS

VALUES REGARDING HEALTH AND FITNESS

- o Overall, individuals placed the highest value on doing their Navy job well, followed by having good health, stopping smoking/remaining a nonsmoker, and being physically fit.
- o Participants placed the lowest value on obtaining a high score on the PRT (although they wanted to get a classification rating between "good" and "excellent"), and the next lowest value on regular exercise (although they generally believed that vigorous exercise would lead to better overall health and help control weight).
- o Officers consistently gave higher value ratings than did enlisted personnel to all of the health and fitness value items (i.e., exercising regularly, being at ideal weight, being physically fit, not smoking, scoring high on the PRT, having good health, and doing one's Navy job well).
- o Those with less than 3 years in the Navy placed more value on scoring high on the PRT than did those with more service time; those with more than 20 years in the Navy placed more value on having good health and doing their Navy job well than did those with less time in the service.
- o Officers and those with 10 years or less in the Navy had stronger beliefs than their counterparts that vigorous exercise would improve physical appearance, weight control, overall health, job performance, physical fitness, and PRT scores.
- o Women more than men thought it was highly important to reach and/or maintain their ideal weight.
- o Compared to the other communities, submariners generally gave the lowest value/importance ratings regarding exercise, weight control, fitness, and PRT performance.
- o The surface community (which had the highest percent of cigarette smokers) placed the lowest value on quitting smoking, relative to the other three groups.

- o Regarding the perceived benefits of vigorous exercise, all four communities gave their lowest ratings to the "helps you do your Navy job better" option, the lowest of these coming from the submarine community.
- o Among the T1-T2-T3 Cohort, there were several relatively small but statistically significant time effects indicating a decrease in health-related values and beliefs. Trends over this time frame indicated that people lowered their ratings of:
 - * Importance of being physically fit.
 - * Importance of scoring high on the PRT and desired classification level.
 - * Belief that exercise helps one do his/her Navy job better.
 - * Belief that exercise leads to better physical fitness.
 - * Belief that exercise leads to better PRT scores.

VALUES REGARDING HEALTH AND FITNESS

1. How important is it to you to exercise regularly?

		4					Mean	SD	N
	Yr.	1 Not at all important	2 Somewhat important	3 Moderately important	4 Very important	5 Extremely important			
<u>Overall</u>									
	1986	7	16	30	31	16	3.32	1.13	3024
	1987	8	19	28	30	16	3.28	1.16	2158
	1988	6	20	29	29	17	3.30	1.15	3074
<u>Sex</u>									
Male	1986	7	16	30	31	15	3.31	1.13	2692
	1987	7	19	27	31	15	3.28	1.16	1888
	1988	6	19	29	29	17	3.31	1.14	2680
Female	1986	4	17	33	26	19	3.39	1.11	332
	1987	9	17	34	24	16	3.21	1.17	261
	1988	5	25	27	24	18	3.26	1.17	390
<u>Rank</u>									
Officer	1986	5	12	23	34	27	3.66	1.12	350
	1987	4	11	25	37	22	3.62	1.08	313
	1988	4	11	23	35	28	3.72	1.09	492
Enlisted	1986	7	17	31	30	15	3.28	1.12	2672
	1987	8	20	28	30	15	3.24	1.16	1834
	1988	7	21	29	28	16	3.25	1.14	2562
<u>Age</u>									
< 20 yrs.	1986	7	14	25	38	16	3.41	1.13	121
	1987	2	16	20	39	22	3.65	1.05	67
	1988	5	24	27	28	15	3.25	1.13	127
20-24	1986	6	18	32	27	17	3.31	1.12	1018
	1987	8	22	33	26	12	3.12	1.12	475
	1988	5	21	29	30	16	3.31	1.11	698
25-29	1986	6	16	30	30	18	3.37	1.14	767
	1987	9	18	26	31	16	3.28	1.19	546
	1988	6	19	28	29	17	3.33	1.15	806
30-34	1986	8	15	29	34	13	3.30	1.12	500
	1987	7	18	24	34	17	3.35	1.16	432
	1988	8	18	29	26	19	3.30	1.20	604
35+	1986	9	14	29	33	14	3.28	1.15	612
	1987	7	17	29	30	17	3.32	1.15	581
	1988	7	19	30	28	17	3.28	1.15	800
<u>Time in Service</u>									
< 2 yrs.	1986	5	17	31	30	17	3.37	1.09	612
	1987	7	19	27	31	16	3.30	1.16	194
	1988	5	21	27	30	16	3.32	1.12	444
3-10	1986	6	17	29	31	17	3.35	1.13	1289
	1987	8	19	28	31	14	3.25	1.15	993
	1988	6	19	29	29	17	3.33	1.14	1258
11-20	1986	9	16	31	32	11	3.19	1.13	667
	1987	8	19	28	30	15	3.25	1.17	695
	1988	8	20	29	26	17	3.25	1.18	941
> 20	1986	9	14	29	34	14	3.30	1.14	148
	1987	5	18	25	30	22	3.46	1.16	152
	1988	10	14	30	28	19	3.32	1.21	219
<u>Community</u>									
Land	1986	6	14	31	31	17	3.40	1.11	1700
	1987	8	17	27	31	18	3.35	1.17	1230
	1988	6	17	29	30	17	3.34	1.14	1605
Surface	1986	8	19	30	30	13	3.21	1.14	1053
	1987	9	25	28	26	12	3.07	1.16	506
	1988	6	22	28	28	16	3.25	1.15	722
Sub	1986	9	15	26	41	9	3.26	1.10	133
	1987	6	19	34	36	4	3.13	.99	123
	1988	5	24	34	27	10	3.12	1.05	107
Air	1986	7	17	32	22	22	3.33	1.21	138
	1987	4	20	27	32	18	3.40	1.11	146
	1988	8	17	25	33	16	3.31	1.18	120

VALUES REGARDING HEALTH AND FITNESS

2. How important is it to you to reach and/or maintain your "ideal" weight?

		1							
	Yr.	Not at all important	2 Somewhat important	3 Moderately important	4 Very important	5 Extremely important	Mean	SD	N
Overall	1986	5	11	25	40	19	3.58	1.06	3016
	1987	4	12	28	37	19	3.55	1.06	2144
	1988	4	13	28	36	19	3.53	1.05	3061
Sex									
Male	1986	5	12	26	40	17	3.53	1.06	2685
	1987	5	12	29	37	18	3.51	1.06	1875
	1988	4	14	29	36	17	3.48	1.05	2667
Female	1986	1	7	18	42	32	3.96	.94	331
	1987	1	8	18	40	33	3.94	.98	260
	1988	3	7	21	39	31	3.89	1.01	390
Rank									
Officer	1986	2	8	27	42	22	3.74	.95	350
	1987	3	10	25	47	15	3.61	.96	311
	1988	2	9	27	42	20	3.69	.96	491
Enlisted	1986	5	11	25	40	19	3.56	1.07	2664
	1987	4	12	28	36	20	3.55	1.07	1822
	1988	4	13	29	36	18	3.51	1.06	2551
Age									
< 20 yrs.	1986	4	10	16	51	19	3.69	1.02	121
	1987	2	5	28	36	29	3.87	.94	67
	1988	3	12	24	44	18	3.62	.99	127
20-24	1986	4	12	26	39	20	3.58	1.06	1012
	1987	4	12	29	35	21	3.56	1.07	470
	1988	3	13	27	35	22	3.61	1.05	694
25-29	1986	5	11	25	39	20	3.58	1.07	767
	1987	5	13	29	34	20	3.51	1.09	545
	1988	5	13	29	36	18	3.49	1.08	805
30-34	1986	5	10	24	43	17	3.57	1.05	498
	1987	5	12	26	41	16	3.53	1.04	430
	1988	4	14	31	34	17	3.45	1.06	601
35+	1986	5	11	26	41	18	3.55	1.06	612
	1987	4	12	26	41	17	3.55	1.04	575
	1988	4	13	29	38	17	3.51	1.03	795
Time in Service									
< 3 yrs.	1986	4	12	21	44	19	3.63	1.04	606
	1987	2	12	31	36	20	3.60	1.00	192
	1988	3	10	26	40	21	3.66	1.02	443
3-10	1986	4	10	26	40	20	3.60	1.05	1286
	1987	5	11	29	35	21	3.55	1.08	988
	1988	4	14	29	35	19	3.52	1.06	1254
11-20	1986	6	13	29	37	15	3.42	1.09	667
	1987	5	13	27	41	14	3.47	1.04	689
	1988	4	14	29	37	16	3.47	1.05	935
> 20	1986	5	8	22	47	18	3.64	1.03	148
	1987	4	11	18	41	26	3.75	1.08	152
	1988	5	10	30	34	21	3.56	1.07	218
Community									
Land	1986	4	9	24	42	20	3.65	1.04	1697
	1987	4	9	27	38	21	3.62	1.06	1226
	1988	4	11	27	38	20	3.59	1.04	1599
Surface	1986	5	13	25	40	17	3.52	1.07	1048
	1987	5	16	26	38	15	3.43	1.08	500
	1988	5	14	27	37	18	3.49	1.08	719
Sub	1986	5	15	30	36	14	3.40	1.05	133
	1987	5	15	36	35	11	3.34	.98	122
	1988	1	23	38	26	11	3.23	.98	107
Air	1986	7	17	28	30	18	3.35	1.16	138
	1987	2	12	26	41	19	3.62	1.01	146
	1988	6	10	30	40	14	3.48	1.04	120

VALUES REGARDING HEALTH AND FITNESS

3. How important is it to you to be physically fit?

		%							
	Yr.	1 Not at all important	2 Somewhat important	3 Moderately important	4 Very important	5 Extremely important	Mean	SD	N
<u>Overall</u>									
	1986	1	9	24	43	23	3.77	.94	3022
	1987	2	10	25	42	21	3.70	.98	2119
	1988	2	11	27	39	22	3.68	.99	3030
<u>Sex</u>									
Male									
	1986	1	9	23	44	22	3.76	.95	2691
	1987	2	10	25	41	21	3.70	.98	1857
	1988	2	11	27	39	22	3.68	.99	2643
Female									
	1986	0	8	28	39	25	3.81	.90	331
	1987	0	12	22	42	23	3.75	.96	253
	1988	1	12	26	39	22	3.68	.98	383
<u>Rank</u>									
Officer									
	1986	0	5	21	44	29	3.96	.87	349
	1987	1	8	19	47	24	3.84	.93	310
	1988	1	6	20	47	26	3.93	.87	488
Enlisted									
	1986	1	10	24	43	22	3.75	.95	2671
	1987	2	10	26	41	21	3.69	.98	1798
	1988	2	11	28	38	21	3.65	1.00	2522
<u>Age</u>									
< 20 yrs.									
	1986	2	9	19	43	27	3.83	.99	121
	1987	2	5	19	39	37	4.04	.94	66
	1988	1	9	27	39	24	3.77	.94	126
20-24									
	1986	1	10	23	42	24	3.77	.97	1018
	1987	2	12	28	38	20	3.63	.99	466
	1988	1	11	26	39	24	3.74	.97	685
25-29									
	1986	1	8	25	43	23	3.79	.91	767
	1987	2	10	24	41	24	3.74	.99	534
	1988	3	9	28	38	22	3.68	1.01	796
30-34									
	1986	2	8	26	45	19	3.72	.92	499
	1987	3	11	22	46	19	3.68	.99	430
	1988	2	13	29	36	20	3.58	1.02	591
35+									
	1986	1	9	22	45	22	3.77	.94	611
	1987	2	8	28	43	19	3.69	.94	568
	1988	2	11	25	42	20	3.66	.98	794
<u>Time in Service</u>									
< 3 yrs.									
	1986	1	10	21	44	24	3.80	.95	612
	1987	2	10	22	39	28	3.82	1.01	190
	1988	1	9	25	39	25	3.79	.97	435
3-10									
	1986	1	8	23	45	23	3.80	.92	1288
	1987	2	11	24	41	22	3.70	.99	972
	1988	2	10	28	38	22	3.69	.99	1241
11-20									
	1986	2	11	27	42	18	3.64	.96	665
	1987	3	9	28	43	17	3.63	.96	687
	1988	2	13	27	39	20	3.62	1.01	929
> 20									
	1986	0	9	18	52	20	3.83	.87	148
	1987	1	8	22	46	23	3.82	.91	149
	1988	2	10	25	42	21	3.70	.97	216
<u>Community</u>									
Land									
	1986	1	8	24	44	24	3.82	.91	1700
	1987	2	9	23	43	23	3.75	.98	1212
	1988	2	11	25	40	22	3.70	1.00	1581
Surface									
	1986	2	12	23	42	22	3.70	1.00	1051
	1987	2	13	28	38	19	3.60	.99	497
	1988	2	10	30	37	22	3.66	.98	712
Sub									
	1986	1	6	32	47	14	3.68	.83	133
	1987	.	11	31	44	14	3.61	.86	122
	1988	2	8	43	32	16	3.52	.92	103
Air									
	1986	1	13	22	40	23	3.71	1.00	138
	1987	1	10	23	42	24	3.78	.96	139
	1988	3	9	20	46	22	3.75	1.00	119

VALUES REGARDING HEALTH AND FITNESS

4. How important is it to you to stop smoking (if you smoke) or remain a non-smoker (if you currently do not smoke)?

		4							
	Yr.	1 Not at all important	2 Somewhat important	3 Moderately important	4 Very important	5 Extremely important	Mean	SD	N
Overall	1986	9	11	12	18	49	3.86	1.37	2935
	1987	10	11	13	16	49	3.83	1.40	2132
	1988	9	10	14	19	48	3.88	1.33	3040
<u>Sex</u>									
Male	1986	9	12	12	18	48	3.85	1.38	2618
	1987	11	11	13	17	48	3.81	1.41	1865
	1988	9	10	14	20	48	3.88	1.33	2652
Female	1986	8	10	12	19	51	3.94	1.33	317
	1987	7	12	10	13	58	4.03	1.34	258
	1988	8	14	10	17	50	3.87	1.37	384
<u>Rank</u>									
Officer	1986	5	5	5	14	71	4.41	1.11	333
	1987	4	3	5	19	68	4.44	1.03	309
	1988	3	3	7	16	71	4.48	.98	487
Enlisted	1986	10	12	13	19	46	3.79	1.39	2600
	1987	11	12	14	16	47	3.77	1.42	1812
	1988	9	11	15	20	45	3.80	1.36	2533
<u>Age</u>									
< 20 yrs.	1986	9	14	14	15	47	3.77	1.40	116
	1987	13	5	11	17	54	3.95	1.42	66
	1988	7	15	21	18	40	3.69	1.31	125
20-24	1986	11	13	11	17	47	3.76	1.43	989
	1987	10	12	15	17	46	3.78	1.38	471
	1988	8	11	14	21	45	3.83	1.33	688
25-29	1986	7	11	14	19	48	3.89	1.32	747
	1987	10	12	12	15	51	3.86	1.41	537
	1988	8	9	12	19	51	3.96	1.31	800
30-34	1986	9	11	10	22	48	3.90	1.34	483
	1987	10	13	12	15	50	3.82	1.42	428
	1988	10	10	13	17	50	3.86	1.38	596
35+	1986	9	8	12	17	53	3.98	1.34	594
	1987	10	10	12	17	51	3.90	1.38	574
	1988	9	9	14	19	49	3.90	1.34	792
<u>Time in Service</u>									
< 3 yrs.	1986	10	15	13	16	45	3.72	1.43	593
	1987	12	5	16	18	49	3.86	1.38	192
	1988	7	15	16	20	41	3.74	1.32	441
3-10	1986	8	10	11	18	52	3.94	1.34	1255
	1987	9	12	12	17	50	3.87	1.38	980
	1988	8	9	14	19	50	3.93	1.32	1241
11-20	1986	10	12	12	19	48	3.82	1.40	648
	1987	12	11	13	15	49	3.78	1.44	687
	1988	9	8	12	20	50	3.92	1.35	933
> 20	1986	10	5	16	17	51	3.94	1.34	144
	1987	9	11	14	16	50	3.86	1.39	151
	1988	9	11	16	17	48	3.83	1.37	218
<u>Community</u>									
Land	1986	9	11	12	18	51	3.92	1.35	1645
	1987	9	11	12	16	51	3.90	1.38	1212
	1988	8	10	12	19	51	3.94	1.33	1590
Surface	1986	11	13	13	19	44	3.73	1.41	1027
	1987	14	14	14	16	41	3.57	1.48	499
	1988	9	12	17	19	42	3.72	1.36	713
Sub	1986	8	10	11	18	53	3.99	1.33	129
	1987	6	8	14	18	54	4.07	1.23	122
	1988	8	8	15	19	50	3.95	1.30	106
Air	1986	8	13	10	16	53	3.94	1.37	134
	1987	9	10	11	18	52	3.95	1.35	146
	1988	8	4	10	23	55	4.12	1.24	116

VALUES REGARDING HEALTH AND FITNESS

5. How important is it to you to score high on the Health and Physical Readiness tests?

		1					Mean	SD	N
	Yr.	Not at all important	Somewhat important	Moderately important	Very important	Extremely important			
<u>Overall</u>									
	1986	15	13	31	28	14	3.13	1.24	3023
	1987	19	14	29	25	15	3.03	1.31	2159
	1988	17	12	29	25	16	3.10	1.30	3071
<u>Sex</u>									
Male	1986	15	13	30	28	14	3.12	1.24	2691
	1987	19	13	28	25	15	3.03	1.32	1889
	1988	17	12	29	25	16	3.11	1.31	2678
Female	1986	13	14	33	26	14	3.16	1.21	332
	1987	16	17	34	21	13	2.99	1.23	261
	1988	16	12	34	25	13	3.07	1.23	389
<u>Rank</u>									
Officer	1986	17	16	33	25	13	3.11	1.20	350
	1987	16	9	31	29	15	3.18	1.26	313
	1988	15	11	28	25	20	3.24	1.31	491
Enlisted	1986	15	13	30	28	14	3.13	1.24	2671
	1987	19	14	29	24	15	3.01	1.31	1835
	1988	18	13	29	25	15	3.08	1.30	2560
<u>Age</u>									
< 20 yrs.	1986	7	6	21	39	27	3.72	1.14	121
	1987	.	8	22	28	42	4.04	.98	67
	1988	5	7	27	33	29	3.74	1.10	127
20-24	1986	15	12	30	28	16	3.19	1.25	1017
	1987	15	16	31	24	14	3.06	1.25	475
	1988	14	11	33	25	17	3.20	1.26	698
25-29	1986	13	15	31	28	13	3.12	1.21	768
	1987	20	16	25	26	14	2.98	1.33	546
	1988	19	13	27	26	15	3.04	1.32	807
30-34	1986	16	15	33	25	11	3.01	1.22	500
	1987	20	11	31	24	14	3.01	1.31	433
	1988	19	16	28	22	15	2.98	1.31	603
35+	1986	17	14	32	25	12	3.01	1.24	611
	1987	24	12	28	24	12	2.87	1.33	581
	1988	21	12	29	25	13	2.97	1.31	798
<u>Time in Service</u>									
< 3 yrs.	1986	9	10	29	33	19	3.42	1.17	612
	1987	10	10	22	34	24	3.52	1.25	194
	1988	9	9	34	27	20	3.40	1.17	443
3-10	1986	15	14	31	27	13	3.10	1.23	1288
	1987	17	15	30	25	13	3.02	1.27	993
	1988	20	12	28	25	15	3.03	1.33	1256
11-20	1986	17	16	32	25	10	2.95	1.22	666
	1987	23	13	31	21	12	2.85	1.31	696
	1988	18	14	29	24	14	3.02	1.30	941
> 20	1986	25	16	28	20	11	2.78	1.33	148
	1987	24	10	26	26	15	2.96	1.39	152
	1988	29	10	27	20	14	2.81	1.41	219
<u>Community</u>									
Land	1986	13	13	31	28	15	3.19	1.23	1701
	1987	18	14	28	23	17	3.09	1.33	1231
	1988	17	12	28	26	17	3.15	1.31	1605
Surface	1986	16	12	31	28	13	3.10	1.24	1051
	1987	22	14	27	25	11	2.89	1.32	506
	1988	18	13	31	24	14	3.05	1.28	719
Sub	1986	25	18	29	22	7	2.67	1.25	133
	1987	18	16	35	26	5	2.84	1.15	123
	1988	22	21	27	22	7	2.72	1.24	107
Air	1986	14	19	27	28	12	3.04	1.23	138
	1987	14	12	37	25	11	3.06	1.19	146
	1988	15	7	31	28	19	3.29	1.28	120

VALUES REGARDING HEALTH AND FITNESS

6. At what level would you like to pass the Health and Physical Readiness tests?

		%					Mean	SD	N
	Yr.	1 Do not care	2 Satisfactory	3 Good	4 Excellent	5 Outstanding			
Overall	1986	5	9	22	33	31	3.77	1.12	3009
	1987	8	14	20	29	30	3.59	1.26	2151
	1988	7	14	21	26	32	3.64	1.25	3071
<u>Sex</u>									
Male	1986	5	9	22	33	31	3.76	1.13	2678
	1987	8	14	19	29	30	3.58	1.27	1883
	1988	7	14	21	26	32	3.63	1.26	2678
Female	1986	3	8	22	34	33	3.84	1.07	331
	1987	5	13	25	30	27	3.60	1.17	259
	1988	5	12	21	30	32	3.70	1.19	389
<u>Rank</u>									
Officer	1986	4	8	17	33	38	3.93	1.11	349
	1987	7	10	10	29	44	3.92	1.26	313
	1988	7	9	10	24	50	4.02	1.27	491
Enlisted	1986	5	9	23	33	30	3.75	1.12	2658
	1987	8	14	21	29	28	3.55	1.25	1827
	1988	7	15	22	27	30	3.59	1.24	2560
<u>Age</u>									
< 20 yrs.	1986	1	1	17	35	45	4.20	.88	121
	1987	.	3	14	39	44	4.25	.81	67
	1988	5	2	21	31	41	4.01	1.07	127
20-24	1986	4	7	24	32	33	3.84	1.08	1009
	1987	8	10	22	29	31	3.65	1.24	475
	1988	6	12	23	26	34	3.71	1.21	698
25-29	1986	5	10	18	33	34	3.81	1.14	765
	1987	11	15	17	27	31	3.52	1.34	540
	1988	9	14	20	25	33	3.57	1.31	807
30-34	1986	5	10	22	37	26	3.67	1.12	498
	1987	6	17	18	29	30	3.61	1.23	433
	1988	6	14	22	27	31	3.62	1.23	601
35+	1986	7	11	26	31	25	3.57	1.17	610
	1987	7	18	23	28	24	3.44	1.24	579
	1988	5	20	19	27	29	3.55	1.24	799
<u>Time in Service</u>									
< 3 yrs.	1986	2	6	21	36	35	3.96	1.00	607
	1987	4	8	18	32	38	3.91	1.11	194
	1988	5	7	25	27	36	3.83	1.15	444
3-10	1986	4	9	22	32	33	3.81	1.12	1283
	1987	9	11	19	28	32	3.62	1.29	987
	1988	8	14	19	24	35	3.62	1.31	1257
11-20	1986	6	12	24	34	24	3.57	1.15	665
	1987	7	19	22	29	24	3.44	1.23	694
	1988	6	14	22	29	30	3.63	1.20	939
> 20	1986	10	10	25	32	22	3.46	1.23	148
	1987	9	18	16	28	29	3.49	1.32	152
	1988	8	28	14	24	27	3.32	1.34	219
<u>Community</u>									
Land	1986	5	8	20	32	35	3.85	1.12	1695
	1987	7	15	19	29	30	3.61	1.24	1226
	1988	6	14	19	25	36	3.71	1.25	1605
Surface	1986	5	10	25	34	26	3.68	1.10	1044
	1987	9	16	21	28	26	3.46	1.27	503
	1988	8	14	23	29	26	3.52	1.24	720
Sub	1986	7	17	23	34	19	3.42	1.17	133
	1987	10	12	22	29	26	3.49	1.28	123
	1988	11	17	23	31	18	3.29	1.26	107
Air	1986	4	10	21	34	31	3.78	1.12	137
	1987	8	10	19	29	34	3.71	1.27	146
	1988	8	8	17	30	38	3.82	1.24	120

VALUES REGARDING HEALTH AND FITNESS

7. How important is it to you to have good health?

		%					Mean	SD	N
	Yr.	1 Not at all important	2 Somewhat important	3 Moderately important	4 Very important	5 Extremely important			
<u>Overall</u>									
	1986	0	2	11	44	42	4.25	.78	3018
	1987	0	4	11	42	43	4.21	.84	2155
	1988	1	3	13	42	41	4.19	.84	3069
<u>Sex</u>									
Male	1986	1	3	11	44	42	4.23	.79	2687
	1987	0	5	11	42	42	4.20	.85	1885
	1988	1	4	13	42	40	4.18	.84	2675
Female	1986	.	1	7	45	47	4.38	.66	331
	1987	.	3	11	38	47	4.30	.79	261
	1988	1	2	10	41	45	4.27	.82	390
<u>Rank</u>									
Officer	1986	.	0	3	37	59	4.55	.58	350
	1987	.	1	4	37	58	4.52	.63	313
	1988	.	1	4	32	63	4.58	.61	492
Enlisted	1986	1	3	12	45	40	4.21	.79	2666
	1987	0	5	12	42	41	4.18	.85	1831
	1988	1	4	14	44	38	4.14	.85	2557
<u>Age</u>									
< 20 yrs.	1986	1	1	10	47	41	4.23	.80	121
	1987	2	.	13	36	49	4.31	.82	67
	1988	1	2	20	44	34	4.09	.82	126
20-24	1986	1	3	13	44	39	4.17	.83	1015
	1987	0	4	14	41	40	4.15	.86	474
	1988	1	5	14	41	39	4.14	.87	693
25-29	1986	0	3	11	44	42	4.25	.77	766
	1987	0	5	11	38	45	4.24	.85	545
	1988	1	3	14	40	42	4.19	.85	809
30-34	1986	.	2	11	45	43	4.29	.72	489
	1987	1	5	7	47	41	4.22	.84	431
	1988	1	4	12	44	40	4.19	.83	603
35+	1986	0	1	8	43	48	4.38	.70	611
	1987	0	4	9	43	44	4.25	.81	581
	1988	0	3	10	43	44	4.27	.78	800
<u>Time in Service</u>									
< 3 yrs.	1986	1	3	11	42	43	4.23	.83	611
	1987	1	3	17	38	41	4.14	.89	193
	1988	1	4	14	45	36	4.11	.86	440
3-10	1986	0	3	10	45	42	4.25	.78	1286
	1987	0	5	11	41	43	4.22	.84	991
	1988	1	3	14	40	42	4.19	.85	1256
11-20	1986	0	2	10	48	40	4.26	.73	665
	1987	1	5	10	48	38	4.17	.83	695
	1988	0	4	11	44	41	4.21	.82	942
> 20	1986	.	2	8	34	56	4.44	.72	148
	1987	.	4	6	34	55	4.41	.78	152
	1988	.	2	9	40	49	4.35	.74	219
<u>Community</u>									
Land	1986	0	2	10	44	44	4.30	.75	1698
	1987	0	4	10	41	44	4.25	.83	1229
	1988	1	4	11	41	43	4.22	.83	1606
Surface	1986	1	3	12	44	41	4.21	.81	1050
	1987	0	5	12	43	39	4.14	.86	504
	1988	1	3	16	42	38	4.12	.87	717
Sub	1986	.	3	14	53	31	1	.74	133
	1987	.	5	11	50	34	3	.79	123
	1988	.	3	20	46	31	4.07	.79	107
Air	1986	1	5	13	37	43	4.15	.94	137
	1987	0	3	12	33	51	4.21	.84	146
	1988	.	6	11	39	44	4.21	.87	120

VALUES REGARDING HEALTH AND FITNESS

10. How important is it to you to do your Navy job well?

	Yr.	%					Mean	SD	N
		1 Not at all important	2 Somewhat important	3 Moderately important	4 Very important	5 Extremely important			
Overall	1986	1	2	8	37	52	4.35	.82	3014
	1987	2	2	8	33	55	4.38	.86	2156
	1988	1	3	9	34	53	4.34	.85	3071
Sex									
Male	1986	1	2	8	37	50	4.33	.83	2683
	1987	2	2	8	33	55	4.36	.87	1887
	1988	1	3	10	34	52	4.34	.85	2677
Female	1986	.	1	6	31	62	4.54	.66	331
	1987	1	0	7	32	60	4.51	.69	260
	1988	1	2	8	35	54	4.37	.82	390
Rank									
Officer	1986	.	1	4	32	63	4.57	.63	349
	1987	1	1	3	33	62	4.54	.70	312
	1988	.	0	2	29	68	4.65	.55	492
Enlisted	1986	1	2	9	37	50	4.33	.83	2663
	1987	2	2	8	33	54	4.36	.87	1833
	1988	1	3	10	35	50	4.30	.87	2559
Age									
< 20 yrs.	1986	2	1	5	30	62	4.50	.80	120
	1987	3	2	6	19	70	4.52	.92	67
	1988	2	4	12	28	53	4.25	.99	127
20-24	1986	2	5	12	40	41	4.12	.96	1013
	1987	3	4	13	38	42	4.11	1.00	474
	1988	2	6	15	36	40	4.07	.99	696
25-29	1986	1	2	8	38	51	4.38	.76	766
	1987	2	2	8	30	57	4.38	.89	545
	1988	1	2	9	34	53	4.35	.84	807
30-34	1986	0	0	6	36	58	4.51	.63	499
	1987	0	1	3	38	58	4.53	.62	433
	1988	1	0	6	32	61	4.52	.67	602
35+	1986	.	1	3	31	65	4.60	.60	611
	1987	1	1	4	32	62	4.53	.71	580
	1988	0	1	3	33	61	4.55	.62	800
Time in Service									
< 3 yrs.	1986	1	3	10	38	48	4.27	.87	609
	1987	4	5	13	24	54	4.18	1.11	194
	1988	2	7	13	38	41	4.09	.99	442
3-10	1986	2	3	10	38	47	4.27	.87	1284
	1987	3	2	9	35	47	4.26	.90	991
	1988	2	3	12	36	48	4.25	.89	1257
11-20	1986	.	1	4	36	59	4.53	.62	667
	1987	0	1	4	31	63	4.55	.67	695
	1988	0	1	4	32	63	4.58	.61	941
> 20	1986	.	.	1	23	76	4.74	.47	148
	1987	1	.	3	25	71	4.66	.59	152
	1988	.	1	3	29	67	4.63	.59	219
Community									
Land	1986	1	1	5	34	59	4.51	.68	1694
	1987	1	1	5	31	61	4.50	.74	1229
	1988	1	1	6	33	59	4.47	.75	1606
Surface	1986	2	4	13	40	41	4.17	.94	1050
	1987	4	4	12	35	46	4.14	1.02	505
	1988	2	6	16	37	40	4.05	1.00	720
Sub	1986	2	5	13	34	46	4.17	.97	132
	1987	3	3	13	45	37	4.10	.93	123
	1988	3	5	22	43	27	3.87	.97	107
Air	1986	.	1	6	41	52	4.45	.64	138
	1987	3	1	9	30	58	4.39	.90	146
	1988	.	.	9	34	57	4.49	.65	119

VALUES REGARDING HEALTH AND FITNESS

11. For you personally, how would you estimate the likelihood that...?
a. vigorous exercise leads to better physical appearance.

		%											Mean	SD	N
		0 Never	10	20	30	40	50 Half the time	60	70	80	90	100 Always			
Overall	1986	1	1	1	2	2	17	5	13	18	12	27	75.11	22.87	3013
	1987	2	1	2	3	3	20	6	11	16	9	28	72.43	25.27	2151
	1988	1	1	2	2	3	20	5	12	15	11	28	73.37	22.30	3053
Sex															
Male	1986	1	1	1	2	2	17	5	13	19	12	27	75.05	22.84	2685
	1987	2	1	1	3	3	20	6	11	16	9	28	72.62	22.23	1917
	1988	1	1	2	2	3	20	5	12	16	11	27	73.41	24.06	2718
	1986	0	1	1	3	3	18	5	12	14	12	31	75.56	23.14	328
Female	1987	1	2	4	5	3	19	6	11	16	8	26	70.68	25.70	225
	1988	2	2	2	2	5	20	4	10	13	10	31	73.01	26.21	331
Rank															
Officer	1986	1	1	1	2	0	8	3	11	19	20	32	80.68	21.78	330
	1987	2	1	1	2	1	7	3	12	18	19	33	79.61	23.46	223
	1988	1	1	1	1	1	7	4	9	20	21	33	82.41	19.62	316
	1986	1	1	1	3	2	18	6	13	18	11	27	74.42	22.91	2681
Enlisted	1987	2	1	2	3	3	21	6	11	15	8	28	71.59	25.35	1917
	1988	1	1	2	2	3	21	5	12	15	10	27	72.26	24.60	2717
Age															
< 20 yrs	1986	1	2	1	2	1	20	7	13	10	15	31	75.64	23.47	140
	1987	2	0	2	0	3	21	8	3	17	11	34	76.27	23.81	89
	1988	2	0	0	2	10	24	5	8	15	11	22	69.62	24.70	182
	1986	1	1	1	2	2	16	6	14	20	10	27	75.35	22.42	1071
20-24	1987	2	1	1	3	4	18	7	13	16	6	30	72.29	25.41	561
	1988	1	1	2	3	3	21	6	13	14	10	27	72.86	23.75	852
	1986	1	0	1	2	2	14	6	14	18	13	29	77.07	21.58	761
	1987	1	1	1	4	4	18	6	13	15	7	30	73.47	24.05	552
25-29	1988	1	2	2	2	3	17	5	11	16	11	30	74.52	24.59	785
	1986	1	1	1	4	2	18	4	12	18	12	26	73.72	24.02	469
	1987	3	1	2	2	2	21	6	10	15	15	24	72.03	25.23	397
	1988	1	1	2	1	3	21	6	13	13	9	31	74.01	24.18	541
30-34	1986	1	1	2	3	2	19	4	12	17	13	25	73.25	24.01	567
	1987	3	2	3	3	2	21	4	11	16	10	26	70.97	26.32	493
	1988	1	2	3	3	2	20	5	10	17	13	25	72.87	24.74	655
	1986	1	1	1	2	2	17	5	14	19	12	27	75.54	22.51	634
< 3 yrs.	1987	1	1	2	2	1	22	7	9	14	7	34	74.35	24.52	224
	1988	2	1	1	2	5	23	6	13	11	8	28	71.01	25.15	554
	1986	1	1	1	2	2	14	5	13	20	12	29	77.01	21.71	1301
	1987	1	1	2	3	4	17	7	11	17	8	30	73.35	24.54	1020
3-10	1988	1	1	2	2	2	17	5	12	16	13	29	74.98	23.87	1224
	1986	2	1	2	4	2	20	6	13	16	12	22	71.19	24.14	637
	1987	3	1	1	2	2	22	5	13	16	12	23	71.09	25.19	644
	1988	1	2	2	2	3	20	6	12	15	10	29	73.52	24.25	853
11-20	1986	2	1	1	1	3	17	3	14	19	15	24	75.14	22.91	138
	1987	3	2	2	3	1	18	4	12	16	9	30	72.34	26.95	134
	1988	2	2	3	2	1	22	5	7	22	15	19	71.28	24.86	181
	1986	2	1	1	3	2	16	5	12	18	13	29	75.81	23.04	1669
Land	1987	2	1	2	3	2	21	5	11	16	10	28	72.66	25.18	1204
	1988	1	1	2	2	2	18	5	11	16	12	29	74.34	24.35	1513
	1986	1	1	2	3	1	18	6	14	18	11	26	74.25	23.20	1075
	1987	3	1	2	2	4	21	8	12	15	8	25	70.34	25.44	542
Surface	1988	1	1	2	3	4	24	5	12	13	8	27	71.03	24.79	831
	1986	0	0	0	2	3	13	7	19	28	11	16	74.21	18.62	130
	1987	0	1	0	3	4	10	12	14	14	7	34	76.77	22.03	120
	1988	1	2	3	0	4	21	5	7	20	16	23	73.26	24.00	102
Sub	1986	0	1	1	2	4	18	5	17	15	11	26	74.20	21.80	139
	1987	2	3	1	2	5	21	7	9	14	10	27	70.47	25.57	143
	1988	1	0	3	0	1	18	6	9	18	16	28	76.62	22.14	106
	1986	0	1	1	2	4	18	5	17	15	11	26	74.20	21.80	139
Air	1987	2	3	1	2	5	21	7	9	14	10	27	70.47	25.57	143
	1988	1	0	3	0	1	18	6	9	18	16	28	76.62	22.14	106
Community															
Land	1986	1	1	1	3	2	16	5	12	18	13	29	75.81	23.04	1669
	1987	2	1	2	3	2	21	5	11	16	10	28	72.66	25.18	1204
	1988	1	1	2	2	2	18	5	11	16	12	29	74.34	24.35	1513
	1986	1	1	2	3	1	18	6	14	18	11	26	74.25	23.20	1075
Surface	1987	3	1	2	2	4	21	8	12	15	8	25	70.34	25.44	542
	1988	1	1	2	3	4	24	5	12	13	8	27	71.03	24.79	831
	1986	0	0	0	2	3	13	7	19	28	11	16	74.21	18.62	130
	1987	0	1	0	3	4	10	12	14	14	7	34	76.77	22.03	120
Sub	1988	1	2	3	0	4	21	5	7	20	16	23	73.26	24.00	102
	1986	0	1	1	2	4	18	5	17	15	11	26	74.20	21.80	139
	1987	2	3	1	2	5	21	7	9	14	10	27	70.47	25.57	143
	1988	1	0	3	0	1	18	6	9	18	16	28	76.62	22.14	106
Air	1986	0	1	1	2	4	18	5	17	15	11	26	74.20	21.80	139
	1987	2	3	1	2	5	21	7	9	14	10	27	70.47	25.57	143
	1988	1	0	3	0	1	18	6	9	18	16	28	76.62	22.14	106

VALUES REGARDING HEALTH AND FITNESS

11. For you personally, how would you estimate the likelihood that...?
b. vigorous exercise helps in weight control (i.e., to lose weight and/or maintain ideal weight).

		%													
		0	10	20	30	40	50	60	70	80	90	100			
Yr.		Never					Half the time					Always	Mean	SD	N
Overall	1986	1	1	1	2	2	12	5	10	17	15	34	78.77	22.55	3015
	1987	2	2	1	2	3	15	5	10	16	12	32	75.23	25.08	2152
	1988	1	1	1	2	2	15	5	9	16	14	32	76.64	24.18	3064
Sex															
Male	1986	1	1	1	2	2	12	5	10	17	15	33	78.72	22.63	2684
	1987	2	2	1	2	3	15	5	10	16	12	32	75.26	25.11	1882
	1988	1	1	1	2	3	15	5	9	17	14	32	76.49	24.08	2670
Female	1986	0	1	.	1	4	13	5	11	16	12	36	79.16	21.92	331
	1987	1	2	2	3	2	14	7	10	16	12	31	74.92	24.95	261
	1988	2	0	2	1	2	16	5	8	11	15	37	77.84	24.82	390
Rank															
Officer	1986	0	2	1	2	1	6	3	6	17	23	38	83.13	21.61	349
	1987	2	2	2	1	1	7	4	9	16	18	40	81.60	23.51	313
	1988	1	1	1	1	1	7	3	5	19	24	37	83.81	20.13	492
Enlisted	1986	1	1	1	2	2	13	5	11	17	14	33	78.25	22.61	2664
	1987	2	2	1	3	3	16	6	10	16	11	31	74.47	25.17	1828
	1988	2	1	1	2	3	16	5	9	16	13	32	75.65	24.56	2552
Age															
< 20 yrs	1986	1	.	.	1	2	15	7	9	19	12	33	78.35	21.84	121
	1987	2	.	.	3	5	12	8	11	8	15	36	77.77	23.79	66
	1988	2	.	2	1	2	12	8	6	28	14	25	76.81	22.29	125
20-24	1986	1	0	1	1	2	11	4	11	17	15	36	80.31	21.59	1016
	1987	1	1	1	3	2	14	6	9	16	10	36	76.93	24.40	475
	1988	1	1	1	2	3	17	4	9	16	13	32	76.56	23.55	697
25-29	1986	1	0	1	1	2	11	5	9	17	17	36	81.11	20.91	763
	1987	2	2	0	3	4	14	7	10	15	12	32	75.37	24.96	545
	1988	1	2	2	2	2	13	5	9	15	14	35	77.36	24.77	803
30-34	1986	1	2	1	3	3	13	5	10	17	13	31	76.23	24.31	498
	1987	2	1	2	2	3	15	5	10	17	12	31	75.56	24.65	432
	1988	2	1	1	2	2	15	5	9	17	15	36	77.31	25.20	602
35+	1986	1	2	1	3	2	15	5	10	17	15	28	74.96	24.52	611
	1987	2	2	3	2	2	19	4	10	17	13	27	72.57	26.04	577
	1988	1	1	1	3	3	17	4	9	18	16	27	75.04	24.08	799
Time in Service															
< 3 yrs.	1986	1	1	1	1	2	11	5	10	17	15	37	80.50	22.16	612
	1987	.	1	2	1	3	16	6	9	9	11	43	79.31	23.44	193
	1988	2	1	1	2	4	17	5	8	18	11	31	74.72	24.96	442
3-10	1986	1	0	1	1	2	10	4	10	17	17	36	81.16	20.95	1284
	1987	2	1	1	3	3	13	6	11	17	11	33	75.96	24.62	991
	1988	1	1	2	2	2	14	5	10	15	15	34	77.78	23.77	1253
11-20	1986	2	1	1	3	2	15	7	11	18	14	26	74.08	24.39	665
	1987	1	2	2	3	3	17	5	10	18	13	26	73.33	25.01	694
	1988	2	1	2	2	3	16	4	9	15	14	33	75.87	25.10	941
> 20	1986	.	1	0	2	1	22	3	13	15	12	30	76.13	21.69	148
	1987	2	4	2	2	2	15	3	8	15	17	31	75.04	26.64	151
	1988	1	1	0	5	2	17	3	8	23	17	21	73.90	23.54	218
Community															
Land	1986	1	1	1	2	2	13	5	9	17	15	35	78.96	22.70	1696
	1987	2	1	2	3	3	15	4	10	17	12	32	75.36	25.19	1228
	1988	2	1	2	2	2	14	4	9	17	14	33	77.11	24.19	1601
Surface	1986	2	0	1	1	2	12	5	11	17	15	33	78.86	22.67	1050
	1987	2	3	1	2	2	18	8	11	14	12	29	73.71	25.03	503
	1988	2	1	1	2	2	18	5	9	15	12	32	75.11	25.02	718
Sub	1986	1	1	.	2	1	14	5	15	21	20	19	76.15	20.42	131
	1987	.	1	0	0	5	6	7	15	14	13	38	80.90	20.60	123
	1988	.	1	.	2	.	14	3	10	14	19	36	81.40	20.79	107
Air	1986	1	1	1	1	2	9	10	11	20	15	30	78.18	21.85	138
	1987	1	3	1	3	2	21	6	9	13	7	33	72.49	26.40	145
	1988	.	1	1	0	3	16	6	8	14	17	32	78.14	22.23	120

VALUES REGARDING HEALTH AND FITNESS

11. For you personally, how would you estimate the likelihood that...?
c. vigorous exercise leads to better overall health.

		%											Mean	SD	N
	Yr.	0 Never	10	20	30	40	50 Half the time	60	70	80	90	100 Always			
Overall															
	1986	0	1	1	2	2	13	5	10	18	17	32	79.13	21.46	3012
	1987	1	1	2	2	3	14	6	10	16	14	32	76.20	24.18	2153
	1988	1	1	1	3	2	15	6	11	16	14	31	76.49	23.52	3067
Sex															
Male	1986	0	1	1	2	2	13	5	10	18	16	32	79.18	21.41	2681
	1987	1	1	2	2	3	14	6	10	15	14	32	76.71	23.78	1884
	1988	1	1	1	3	2	14	6	11	16	14	31	76.57	23.40	2673
Female	1986	.	1	0	3	4	12	3	9	17	19	31	78.77	21.93	331
	1987	1	3	3	7	2	12	6	10	17	12	28	71.80	27.06	260
	1988	1	1	2	3	1	18	7	10	12	13	33	75.71	24.48	390
Rank															
Officer	1986	.	1	0	2	1	4	2	6	21	22	40	85.40	18.36	350
	1987	1	2	1	2	1	5	4	10	16	20	38	82.40	22.29	313
	1988	0	1	1	0	1	7	3	8	20	21	38	84.63	17.98	492
Enlisted	1986	0	1	1	2	2	14	5	11	18	16	31	78.39	21.69	2660
	1987	1	1	2	2	3	15	6	10	16	13	31	75.46	24.31	1829
	1988	1	1	1	3	2	16	6	11	15	13	30	75.37	23.98	2555
Age															
< 20 yrs	1986	1	1	.	2	3	10	6	8	20	15	35	80.22	21.44	121
	1987	2	.	3	.	3	17	3	5	14	15	39	79.04	24.49	67
	1988	1	1	2	3	1	19	8	5	18	8	34	75.68	24.32	127
20-24	1986	0	0	1	1	3	11	5	10	18	18	32	80.33	20.48	1013
	1987	1	0	2	3	3	12	8	8	17	14	32	76.97	23.77	475
	1988	1	1	1	2	2	16	6	11	14	15	29	76.00	23.21	697
25-29	1986	0	0	1	1	2	11	5	12	17	17	33	80.30	20.34	765
	1987	1	0	1	3	4	16	5	10	14	11	35	76.86	23.33	544
	1988	1	1	1	4	2	11	6	11	14	13	35	77.41	24.24	804
30-34	1986	0	2	1	3	1	16	4	10	19	14	30	77.14	22.90	498
	1987	1	1	2	2	1	12	6	14	16	15	30	76.86	23.53	431
	1988	1	1	2	3	0	16	5	11	16	14	31	76.71	23.24	602
35+	1986	1	1	1	3	2	15	4	10	17	16	30	76.88	23.19	610
	1987	2	2	2	2	4	15	5	11	16	14	27	73.77	25.43	580
	1988	1	1	2	2	2	15	5	10	19	15	28	75.88	23.28	799
Time in Service															
< 3 yrs.	1986	1	1	0	1	3	11	4	8	19	18	35	81.47	20.45	609
	1987	.	.	3	3	3	15	4	5	14	12	41	78.93	23.95	193
	1988	2	1	1	3	3	18	8	9	13	11	32	74.46	24.89	444
3-10	1986	0	0	1	1	2	10	5	11	17	18	33	80.39	20.63	1286
	1987	1	1	1	2	3	13	7	9	16	13	33	76.98	23.56	990
	1988	1	1	1	3	2	13	5	11	15	14	33	77.58	23.35	1253
11-20	1986	1	1	1	3	2	16	5	12	19	15	26	75.61	22.51	665
	1987	1	1	2	3	3	14	6	13	17	16	26	74.61	24.05	694
	1988	1	1	2	3	1	16	5	10	17	15	29	76.35	23.23	941
> 20	1986	.	.	1	0	2	19	2	13	16	15	31	78.94	19.99	147
	1987	2	2	4	3	2	13	2	13	16	11	32	73.93	27.09	152
	1988	1	2	2	2	2	13	5	11	23	14	24	74.62	23.99	218
Community															
Land	1986	0	1	1	2	2	12	4	10	17	17	33	79.69	21.43	1693
	1987	1	1	2	3	2	15	5	10	16	14	31	75.76	24.29	1229
	1988	1	1	2	3	2	13	5	11	16	14	32	77.29	23.49	1603
Surface	1986	1	0	1	2	2	13	5	10	18	16	31	78.47	21.95	1049
	1987	2	0	1	2	3	14	7	9	15	14	32	76.47	23.86	503
	1988	1	2	1	3	2	18	7	9	14	12	31	74.59	24.52	718
Sub	1986	.	0	.	2	2	13	6	15	24	17	21	77.42	18.66	132
	1987	.	.	2	1	3	9	7	10	18	17	32	79.99	20.42	123
	1988	2	.	1	1	1	16	2	10	12	25	30	79.10	22.50	107
Air	1986	.	1	2	1	3	7	7	15	18	18	29	79.19	20.60	138
	1987	1	2	2	5	5	13	7	9	13	9	33	73.49	26.39	145
	1988	.	2	.	0	2	19	7	7	21	17	26	76.94	20.92	120

VALUES REGARDING HEALTH AND FITNESS

11. For you personally, how would you estimate the likelihood that...?
d. vigorous exercise helps you do your Navy job better.

		%											Mean	SD	N
	Yr.	0 Never	10	20	30	40	50 Half the time	60	70	80	90	100 Always			
Overall	1986	6	3	4	6	5	19	7	9	14	9	18	62.70	29.61	3012
	1987	10	4	4	5	6	19	6	8	12	8	18	58.25	32.21	2154
	1988	8	3	5	6	5	20	6	9	13	9	17	59.28	31.00	3067
Sex															
Male	1986	6	3	4	5	5	19	7	9	14	9	18	62.79	29.69	2681
	1987	11	3	4	5	6	18	6	8	12	8	18	58.57	32.33	1885
	1988	8	4	4	6	5	20	6	9	12	9	17	59.39	30.84	2573
Female	1986	4	4	4	7	5	21	6	9	14	8	18	61.93	28.92	331
	1987	9	7	3	5	6	26	6	6	10	7	15	55.10	31.32	260
	1988	9	3	8	7	4	16	8	5	12	9	17	58.21	32.29	390
Rank															
Officer	1986	3	2	3	4	0	13	5	10	20	13	27	73.15	26.73	350
	1987	5	4	2	3	1	12	8	11	17	14	22	69.71	28.60	312
	1988	3	2	2	4	3	13	5	11	18	14	23	71.39	26.86	492
Enlisted	1986	7	3	4	6	5	20	7	9	13	9	17	61.45	29.69	2660
	1987	11	4	5	5	6	20	6	7	12	7	17	56.88	32.39	1831
	1988	9	4	5	6	5	21	6	8	12	8	16	57.61	31.15	2555
Age															
< 20 yrs	1986	3	4	2	3	2	20	8	10	17	10	20	67.00	27.32	121
	1987	6	3	3	5	6	18	5	6	14	7	33	69.26	30.91	67
	1988	6	2	5	7	2	21	7	10	20	10	12	61.84	28.14	127
20-24	1986	6	3	3	5	6	20	8	10	14	7	18	61.87	29.24	1014
	1987	10	3	6	6	6	24	5	7	11	6	15	55.21	31.10	474
	1988	9	3	5	7	8	22	6	7	10	7	15	55.85	30.64	698
25-29	1986	5	3	3	5	5	20	7	10	13	10	19	63.61	28.72	763
	1987	12	5	3	7	5	16	9	7	11	7	17	56.40	33.03	546
	1988	8	3	5	6	4	19	7	8	12	9	18	59.94	31.29	804
30-34	1986	7	3	3	7	4	18	5	8	16	11	19	63.69	30.44	498
	1987	9	3	3	4	6	19	5	10	14	11	16	61.27	30.64	432
	1988	9	4	5	6	4	16	7	9	13	9	18	60.48	31.86	601
35+	1986	8	2	6	5	4	19	6	8	14	11	18	61.72	31.05	610
	1987	11	4	5	3	6	16	5	8	12	10	19	59.50	33.21	579
	1988	8	4	4	4	5	20	5	10	13	10	17	60.85	30.90	799
Time in Service															
< 3 yrs.	1986	6	3	3	5	5	19	7	9	16	8	18	62.94	29.05	610
	1987	10	3	5	2	9	19	4	5	10	6	28	61.68	33.48	193
	1988	9	2	5	7	5	23	7	8	10	9	16	58.18	30.56	444
3-10	1986	5	3	3	5	5	18	8	10	13	10	19	64.07	29.10	1284
	1987	11	4	4	6	6	20	7	8	12	7	15	56.40	31.75	991
	1988	8	4	6	6	6	19	7	7	13	8	17	58.78	31.42	1254
11-20	1986	8	2	5	7	5	20	5	9	14	10	16	60.15	30.41	664
	1987	11	4	4	5	6	17	6	9	12	9	16	58.18	32.11	695
	1988	8	4	4	6	5	19	6	9	13	8	17	59.65	31.01	940
> 20	1986	8	4	5	4	3	21	4	6	15	8	21	61.40	32.06	148
	1987	9	3	7	3	2	15	4	10	12	10	25	63.64	33.43	151
	1988	8	6	3	4	3	21	7	11	12	9	16	59.63	31.09	218
Community															
Land	1986	5	3	3	6	4	18	6	9	16	9	20	64.47	29.32	1693
	1987	10	5	4	4	5	18	6	7	12	10	20	59.76	32.74	1229
	1988	8	4	4	6	4	19	6	9	13	9	17	60.15	31.02	1604
Surface	1986	7	3	4	5	5	21	7	9	12	9	17	60.86	29.86	1049
	1987	13	2	4	6	8	22	6	8	12	6	14	54.58	31.54	503
	1988	9	4	6	5	6	21	7	9	10	9	14	56.57	30.87	718
Sub	1986	3	7	5	10	4	18	8	12	12	6	11	53.76	30.14	132
	1987	11	4	12	7	6	15	11	9	13	2	12	50.76	31.35	123
	1988	13	4	9	6	5	22	5	10	9	4	12	50.09	31.51	107
Air	1986	5	3	4	2	7	18	8	10	13	14	16	63.97	28.52	138
	1987	11	1	5	9	3	18	7	8	13	7	17	58.55	31.76	146
	1988	6	1	1	6	7	20	10	6	8	11	24	65.41	29.28	120

VALUES REGARDING HEALTH AND FITNESS

11. For you personally, how would you estimate the likelihood that ...?
a. vigorous exercise leads to better physical fitness.

		<div> <div>0</div> <div>10</div> <div>20</div> <div>30</div> <div>40</div> <div>50</div> <div>60</div> <div>70</div> <div>80</div> <div>90</div> <div>100</div> </div>											Mean	SD	N
		Never					Half the time					Always			
Overall	Yr.														
	1986	1	1	1	1	2	10	4	9	17	18	38	82.27	20.51	3010
	1987	1	1	1	2	2	12	5	9	16	16	35	78.50	23.91	2155
	1988	1	1	1	2	2	13	5	9	17	15	34	78.82	22.84	3068
Sex															
Male	1986	1	1	1	1	2	9	4	9	17	18	38	82.48	20.31	2679
	1987	2	1	1	2	2	12	5	8	16	15	36	78.77	23.73	1885
	1988	1	1	1	2	2	12	5	9	17	16	34	79.13	22.62	2675
Female	1986	0	2	0	2	3	11	3	9	17	16	37	80.61	22.01	331
	1987	0	2	3	4	2	10	5	12	12	21	30	76.23	25.26	261
	1988	1	1	1	2	3	19	5	6	15	14	33	76.28	24.37	389
Rank															
Officer	1986	0	0	0	1	1	5	1	5	14	24	48	88.21	17.18	350
	1987	0	2	1	1	1	4	2	7	19	18	44	85.01	20.53	313
	1988	0	.	1	1	1	4	2	6	18	22	44	87.13	16.90	492
Enlisted	1986	1	1	1	1	2	10	4	10	17	17	37	81.57	20.77	2658
	1987	2	1	1	2	2	13	5	9	15	15	34	77.73	24.17	1831
	1988	1	1	1	2	2	14	5	9	17	14	33	77.70	23.31	2556
Age															
< 20 yrs	1986	.	1	.	3	2	9	3	7	16	16	43	83.26	20.78	119
	1987	2	.	.	4	5	11	3	8	11	13	44	80.29	24.21	67
	1988	2	.	.	2	4	15	7	4	17	18	30	77.37	23.23	127
20-24	1986	1	0	0	1	2	8	4	9	18	19	39	83.56	19.36	1013
	1987	1	1	1	2	2	10	5	9	13	16	39	80.33	23.11	475
	1988	1	1	2	2	2	13	5	9	18	15	33	77.83	23.17	697
25-29	1986	0	0	1	0	1	9	3	9	17	18	40	83.94	18.96	765
	1987	1	1	1	2	2	13	6	8	16	14	35	78.64	22.88	546
	1988	1	1	1	2	2	10	4	9	17	14	39	80.76	22.19	805
30-34	1986	1	1	1	1	1	12	4	9	18	16	35	79.77	22.43	497
	1987	2	1	2	2	1	11	4	9	18	19	31	78.15	24.17	431
	1988	1	1	1	2	2	14	5	9	13	16	36	79.05	22.85	602
35+	1986	1	1	0	1	3	12	3	11	16	17	34	79.58	22.46	609
	1987	2	3	1	2	3	13	4	10	16	14	33	76.12	25.56	580
	1988	1	1	2	3	2	12	5	8	19	16	31	77.64	23.25	799
Time in Service															
< 3 yrs.	1986	0	1	.	1	3	8	3	8	16	18	42	84.20	19.49	609
	1987	.	1	1	1	3	14	3	7	12	11	46	81.59	22.47	193
	1988	2	0	1	2	2	15	6	9	16	14	33	76.72	24.14	443
3-10	1986	0	0	1	1	1	8	3	8	18	19	40	83.78	19.54	1286
	1987	1	1	1	2	2	11	6	8	15	16	37	79.52	23.12	991
	1988	1	1	1	1	2	11	4	9	18	15	37	80.37	22.20	1255
11-20	1986	1	1	1	2	2	12	5	13	17	16	31	78.46	22.12	664
	1987	2	1	2	2	2	13	3	11	19	17	27	76.60	23.77	695
	1988	1	1	2	3	2	13	6	9	14	17	34	78.33	23.29	941
> 20	1986	1	.	0	1	3	16	1	7	19	17	35	80.76	20.96	147
	1987	1	4	2	5	2	10	3	7	13	14	40	77.30	27.36	152
	1988	1	1	2	2	0	13	5	8	27	13	29	77.57	22.42	218
Community															
Land	1986	0	1	0	1	2	10	3	8	18	17	39	82.35	20.75	1695
	1987	1	1	2	2	2	12	4	9	16	16	34	78.29	23.86	1229
	1988	1	1	1	3	2	11	5	8	17	16	35	79.30	23.00	1603
Surface	1986	1	0	1	1	2	9	4	11	16	18	38	82.33	20.58	1047
	1987	2	1	1	2	1	13	5	10	15	15	34	77.77	24.58	504
	1988	1	1	2	2	1	16	6	10	16	14	31	76.58	23.44	719
Sub	1986	.	.	2	.	1	6	5	11	21	22	31	82.65	18.05	132
	1987	.	1	0	.	1	5	6	11	17	20	39	84.60	17.79	123
	1988	.	1	1	2	.	11	4	8	18	13	41	82.27	21.10	107
Air	1986	1	.	.	0	3	8	6	18	14	21	29	80.44	19.49	136
	1987	1	1	1	4	2	15	9	5	17	8	37	76.46	24.49	146
	1988	.	1	1	.	2	17	6	6	13	19	36	80.21	21.49	120

VALUES REGARDING HEALTH AND FITNESS

11. For you personally, how would you estimate the likelihood that ...?
f. vigorous exercise leads to better Health and Physical Readiness scores.

		%											Mean	SD	N
	Yr.	0 Never	10	20	30	40	50 Half the time	60	70	80	90	100 Always			
Overall	1986	2	1	1	1	2	11	4	8	16	18	37	81.05	22.60	3013
	1987	2	1	1	2	2	12	4	8	14	15	37	78.48	25.07	2154
	1988	2	1	1	2	1	12	5	8	16	16	36	79.15	23.69	3067
Sex															
Male	1986	2	1	1	1	2	11	4	8	16	18	37	80.93	22.81	2682
	1987	2	1	1	2	2	11	4	9	14	15	38	78.57	25.18	1884
	1988	2	1	1	2	1	12	5	8	16	16	36	79.15	23.71	2674
Female	1986	.	1	1	0	2	12	3	8	15	18	39	82.07	20.90	331
	1987	0	2	2	4	1	13	5	7	17	18	33	77.91	24.00	261
	1988	1	2	1	3	1	11	3	11	17	13	37	79.04	23.63	389
Rank															
Officer	1986	.	1	1	0	0	5	2	5	16	20	51	88.97	16.01	350
	1987	0	1	1	2	0	5	2	6	14	21	46	85.97	20.48	313
	1988	0	0	1	1	1	6	2	6	16	23	44	86.25	18.83	491
Enlisted	1986	2	1	1	1	2	12	4	8	16	18	36	80.11	23.08	2661
	1987	2	1	1	2	2	12	5	9	14	14	36	77.59	25.41	1830
	1988	2	1	1	2	1	13	5	9	16	15	35	78.18	24.12	2556
Age															
< 20 yrs	1986	1	.	.	3	1	10	3	9	18	17	38	82.13	20.62	121
	1987	2	2	1	3	2	11	5	8	15	14	39	79.22	24.76	67
	1988	2	.	.	2	2	14	8	6	19	13	35	79.20	22.31	127
20-24	1986	2	1	1	1	3	10	4	7	17	19	36	80.33	23.45	1014
	1987	3	1	1	2	2	12	4	10	12	15	39	78.75	25.17	475
	1988	2	1	1	2	2	13	4	8	17	15	35	77.99	24.39	698
25-29	1986	1	1	1	1	1	10	4	8	15	20	39	83.12	20.62	765
	1987	2	1	1	2	3	12	6	8	13	14	39	78.77	24.66	546
	1988	2	1	0	2	1	10	4	10	16	15	38	80.09	23.32	805
30-34	1986	2	1	0	1	1	13	4	8	16	16	37	79.85	23.68	498
	1987	3	0	3	2	1	9	5	7	18	19	33	79.02	24.40	430
	1988	2	1	1	3	1	11	5	8	15	16	37	79.56	24.04	601
35+	1986	2	1	1	1	1	12	4	8	15	17	38	80.62	22.89	609
	1987	2	2	2	2	2	12	3	9	15	15	36	77.20	26.08	580
	1988	1	1	2	2	1	13	5	8	16	18	34	79.09	23.21	798
Time in Service															
< 3 yrs.	1986	2	1	0	1	2	10	4	7	17	19	37	81.10	22.85	610
	1987	1	2	1	2	1	10	4	8	11	14	46	82.46	23.40	193
	1988	3	0	1	2	2	13	4	9	17	14	35	78.24	24.07	444
3-10	1986	1	1	1	1	2	10	3	7	16	19	30	81.91	22.16	1286
	1987	2	1	1	2	3	12	5	8	13	14	39	78.96	24.76	991
	1988	2	1	1	2	2	11	3	9	16	16	38	79.66	24.09	1254
11-20	1986	2	1	1	2	1	11	5	10	17	16	34	79.31	23.06	664
	1987	2	1	1	2	2	12	4	9	18	18	29	76.89	24.66	694
	1988	1	1	2	3	1	12	6	8	14	17	35	78.98	23.62	940
> 20	1986	1	1	1	.	1	16	1	9	14	18	39	81.81	21.63	148
	1987	2	4	1	3	.	9	3	9	13	10	46	79.73	26.88	152
	1988	1	1	0	1	1	14	4	6	21	17	34	80.30	21.56	218
Community															
Land	1986	1	1	1	1	1	10	3	8	16	18	39	82.23	21.69	1695
	1987	2	1	2	2	2	11	4	8	14	15	39	78.80	25.26	1229
	1988	1	1	1	3	1	11	4	8	17	15	37	79.91	23.34	1602
Surface	1986	2	1	1	1	2	11	4	8	15	18	36	79.88	23.61	1049
	1987	2	2	1	2	2	13	5	10	13	16	34	77.55	24.84	503
	1988	3	1	1	2	2	15	4	8	16	16	33	76.83	25.17	719
Sub	1986	2	.	3	2	1	13	5	8	17	20	28	76.85	24.15	132
	1987	3	3	0	0	.	8	3	14	18	18	33	79.74	23.82	123
	1988	4	1	.	0	3	8	7	7	9	24	37	79.66	25.77	107
Air	1986	2	1	.	2	.	7	5	11	18	18	34	79.93	23.09	137
	1987	2	1	1	5	4	11	8	6	14	10	39	76.43	26.20	146
	1988	1	1	.	0	2	10	8	4	15	18	35	79.35	22.74	120

HEALTH PROMOTION PROGRAMS, ACTIVITIES,
AND ATTITUDES

HEALTH PROMOTION PROGRAMS, ACTIVITIES, AND ATTITUDES

- o More people currently participate (about 34%) or would like to participate (about 40%) in gym or fitness center activities than in any other listed program or activity; command-organized sports are the next most frequently listed activity for regular participation and desired participation.
- o If they were more readily available, people would also like to participate in cholesterol/blood fats testing (about 46%), blood pressure screening (about 40%), stress management counseling (about 36%), and command exercise programs (about 35%).
- o More enlisted personnel than officers would like to participate in smoking and weight reduction clinics, drug and alcohol rehabilitation programs, and stress management counseling; more officers than enlisted personnel participate in or would like cholesterol/blood fats testing.
- o Older people were more likely to participate or want to participate in weight reduction programs, stress management programs, blood pressure screening, and cholesterol/blood fats testing; younger people were more likely to participate or want to participate in gyms/fitness centers, drug rehabilitation, and command-organized sports and exercise programs.
- o Women more than men were interested in weight reduction programs and stress management programs; men more than women were interested in command-organized sports and blood pressure screening.
- o On the average, individuals thought it was quite likely that they would reach and/or maintain their ideal weight over the next year; women believed this somewhat more than men did.
- o Individuals also thought it was quite likely that they would stop smoking (or remain nonsmokers) over the next year; officers and people with 10 years or less in the Navy believed this more strongly.

- o Officers and people with more years in the Navy believed they would exercise regularly over the next year.
- o Of the four communities, surface community personnel thought it least likely that they would stop smoking in the coming year.
- o Shore-based and air personnel were more likely, and submariners and surface ship personnel less likely, to believe that they would exercise regularly over the coming year.
- o Among the T1-T2-T3 Cohort, there were a few relatively small but statistically significant time effects indicating changes in regular or desired participation in health promotion programs or activities from 1986 to 1988:
 - * Sizable increase in desired blood pressure screening.
 - * Sizable increase in desired cholesterol/blood fats testing.
 - * A 1% increase in participation in smoking clinics/support group.
 - * A decrease in regular participation but an increase in desired participation in command-organized sports.

>>Note: The 1986 survey asked about regular participation and desired participation in two separate sets of items with dichotomous response options. These were combined and re-scored to be comparable to the 3-point scale used in 1987 and 1988.

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?

a. Gym or fitness center

		%			Mean	SD	N
Yr.		0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly			
<u>Overall</u>							
	1986	28	35	37	1.09	.80	3008
	1987	25	43	32	1.06	.75	2132
	1988	23	42	34	1.11	.75	3017
<u>Sex</u>							
Male	1986	29	34	37	1.09	.81	2678
	1987	26	43	32	1.06	.75	1866
	1988	24	42	34	1.10	.76	2632
Female	1986	24	40	36	1.12	.77	330
	1987	23	46	31	1.09	.73	257
	1988	18	47	35	1.18	.71	380
<u>Rank</u>							
Officer	1986	29	32	39	1.10	.82	346
	1987	26	37	37	1.11	.79	311
	1988	23	41	36	1.13	.76	486
Enlisted	1986	28	35	37	1.09	.80	2660
	1987	25	44	31	1.06	.75	1810
	1988	23	42	34	1.11	.75	2511
<u>Age</u>							
< 20 yrs.	1986	13	39	48	1.36	.70	121
	1987	6	57	36	1.30	.58	66
	1988	10	53	37	1.28	.63	124
20-24	1986	22	35	43	1.21	.78	1011
	1987	22	46	32	1.11	.73	472
	1988	17	43	40	1.23	.72	686
25-29	1986	27	32	41	1.13	.81	765
	1987	24	40	35	1.11	.77	537
	1988	21	41	38	1.16	.75	796
30-34	1986	31	38	31	1.00	.79	500
	1987	26	42	31	1.05	.76	429
	1988	28	41	31	1.02	.77	591
35+	1986	42	34	24	.82	.80	605
	1987	33	41	26	.93	.77	575
	1988	34	42	24	.90	.75	782
<u>Time in Service</u>							
< 3 yrs.	1986	19	40	42	1.23	.74	610
	1987	16	50	34	1.19	.68	193
	1988	12	47	40	1.28	.67	435
3-10	1986	26	32	41	1.15	.81	1285
	1987	24	43	33	1.09	.75	981
	1988	21	41	38	1.18	.75	1239
11-20	1986	37	36	27	.90	.79	665
	1987	29	41	30	1.01	.77	688
	1988	31	40	28	.97	.77	928
> 20	1986	53	8	19	.66	.78	147
	1987	36	35	29	.93	.80	151
	1988	41	37	22	.81	.78	212
<u>Community</u>							
Land	1986	29	31	41	1.12	.82	1688
	1987	25	42	33	1.08	.76	1215
	1988	23	40	37	1.14	.76	1583
Surface	1986	26	41	33	1.06	.76	1048
	1987	25	48	27	1.02	.72	502
	1988	22	47	31	1.09	.72	712
Sub	1986	30	37	34	1.04	.80	132
	1987	18	55	27	1.09	.67	119
	1988	22	44	34	1.12	.74	105
Air	1986	34	32	34	1.00	.83	140
	1987	29	37	34	1.05	.80	145
	1988	26	49	24	.98	.71	118

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?
- b. Smoking clinic/support group

		Yr.	%			Mean	SD	N
			0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly			
Overall	1986	82	18	0	.18	.39	2998	
	1987	81	18	1	.20	.42	2112	
	1988	81	18	1	.20	.43	2998	
Sex								
Male	1986	82	17	0	.18	.39	2670	
	1987	81	18	1	.20	.43	1849	
	1988	80	19	1	.21	.44	2617	
Female	1986	81	19	0	.19	.40	328	
	1987	86	14	.	.14	.35	254	
	1988	87	13	0	.13	.34	376	
Rank								
Officer	1986	95	5	0	.05	.23	340	
	1987	90	9	1	.10	.33	305	
	1988	91	8	1	.10	.33	482	
Enlisted	1986	81	19	0	.20	.40	2656	
	1987	80	19	1	.21	.43	1796	
	1988	79	20	1	.22	.44	2496	
Age								
< 20 yrs.	1986	85	14	1	.16	.40	120	
	1987	79	20	2	.23	.46	63	
	1988	85	12	3	.18	.45	124	
20-24	1986	85	15	.	.16	.37	1012	
	1987	84	15	0	.16	.37	466	
	1988	82	18	1	.19	.41	679	
25-29	1986	80	19	0	.20	.40	764	
	1987	83	15	1	.18	.42	534	
	1988	82	18	1	.19	.41	786	
30-34	1986	77	23	.	.23	.42	497	
	1987	80	18	2	.22	.45	431	
	1988	80	19	1	.21	.43	585	
35+	1986	83	16	1	.17	.39	599	
	1987	76	23	0	.24	.43	564	
	1988	78	21	2	.14	.46	786	
Time in Service								
< 3 yrs.	1986	83	16	0	.17	.39	609	
	1987	82	18	1	.19	.41	191	
	1988	81	18	1	.21	.44	434	
3-10	1986	84	16	0	.17	.38	1281	
	1987	84	15	1	.17	.40	975	
	1988	82	17	1	.19	.41	1224	
11-20	1986	79	20	0	.21	.42	662	
	1987	79	21	1	.22	.43	687	
	1988	79	20	1	.23	.45	922	
> 20	1986	82	18	0	.19	.40	144	
	1987	76	24	.	.24	.43	147	
	1988	79	20	1	.23	.45	214	
Community								
Land	1986	84	16	0	.16	.38	1680	
	1987	80	19	1	.20	.42	1200	
	1988	82	17	1	.19	.42	1567	
Surface	1986	79	21	0	.21	.41	1046	
	1987	81	18	1	.20	.42	828	
	1988	77	22	1	.23	.44	707	
Sub	1986	84	15	1	.17	.41	133	
	1987	87	13	.	.13	.34	121	
	1988	88	12	.	.12	.33	103	
Air	1986	83	17	.	.17	.38	139	
	1987	77	20	3	.26	.51	144	
	1988	75	25	1	.26	.46	119	

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?
- c. Weight reduction club or clinic

		Yr.	0	1	2	Mean	SD	N
			Don't participate/ Don't want to	Would like to participate	Participate regularly			
Overall	1986	80	17	2	.22	.47	3000	
	1987	79	18	3	.24	.49	2113	
	1988	81	17	2	.22	.47	2979	
Sex								
Male	1986	82	15	2	.20	.45	2671	
	1987	81	16	3	.22	.48	1850	
	1988	82	16	2	.20	.45	2592	
Female	1986	64	32	3	.39	.55	329	
	1987	64	34	2	.38	.53	254	
	1988	66	30	4	.38	.57	382	
Rank								
Officer	1986	87	11	2	.15	.40	342	
	1987	89	11	0	.12	.34	304	
	1988	88	10	2	.14	.40	480	
Enlisted	1986	80	18	2	.23	.47	2656	
	1987	78	18	3	.25	.50	1798	
	1988	79	18	2	.23	.47	2479	
Age								
< 20 yrs.	1986	87	13	.	.13	.34	120	
	1987	85	15	.	.15	.36	62	
	1988	82	16	2	.20	.45	122	
20-24	1986	82	17	1	.19	.42	1011	
	1987	83	15	2	.19	.44	468	
	1988	80	18	2	.22	.45	680	
25-29	1986	80	16	4	.24	.52	765	
	1987	77	18	5	.28	.55	534	
	1988	81	16	3	.21	.47	785	
30-34	1986	79	19	2	.24	.48	498	
	1987	79	19	2	.24	.48	428	
	1988	80	18	2	.23	.47	578	
35+	1986	78	20	3	.25	.49	600	
	1987	78	19	3	.25	.49	567	
	1988	81	16	3	.22	.47	775	
Time in Service								
< 3 yrs.	1986	84	15	1	.17	.41	609	
	1987	81	16	2	.21	.45	190	
	1988	79	19	2	.22	.45	434	
3-10	1986	81	17	2	.21	.47	1282	
	1987	80	17	3	.24	.50	97	
	1988	81	16	2	.21	.47	1224	
11-20	1986	78	19	3	.24	.49	664	
	1987	79	19	3	.24	.48	691	
	1988	79	18	3	.24	.49	911	
> 20	1986	82	16	2	.20	.45	144	
	1987	81	18	0	.19	.40	148	
	1988	83	14	3	.19	.46	213	
Community								
Land	1986	80	17	3	.22	.47	1682	
	1987	79	18	3	.24	.49	1200	
	1988	80	17	3	.23	.48	1559	
Surface	1986	81	18	2	.21	.45	1045	
	1987	79	17	4	.24	.51	497	
	1988	80	19	2	.22	.45	703	
Sub	1986	84	14	2	.18	.44	133	
	1987	87	12	1	.15	.40	121	
	1988	87	12	0	.13	.35	102	
Air	1986	81	16	2	.21	.46	140	
	1987	73	22	3	.28	.51	145	
	1988	82	16	2	.20	.45	117	

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?
d. Alcohol rehabilitation clinic or club (e.g., AA)

		Yr.	0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly	Mean	SD	N
Overall		1986	94	3	3	.08	.36	3001
		1987	91	6	3	.11	.39	2111
		1988	92	6	2	.10	.37	2983
Sex								
Male	1986	94	3	3	.09	.37	2672	
	1987	91	6	2	.11	.38	1847	
	1988	92	6	2	.10	.37	2601	
Female	1986	96	2	2	.05	.30	329	
	1987	94	2	4	.10	.40	255	
	1988	92	5	2	.10	.37	377	
Rank								
Officer	1986	99	0	1	.03	.22	342	
	1987	99	1	1	.12	.17	305	
	1988	99	1	1	.02	.18	477	
Enlisted	1986	94	4	3	.09	.37	2657	
	1987	91	7	3	.12	.40	1795	
	1988	91	6	2	.11	.39	2486	
Age								
< 20 yrs.	1986	97	2	1	.03	.22	119	
	1987	85	15	.	.15	.36	64	
	1988	93	6	1	.08	.29	124	
20-24	1986	94	4	2	.07	.33	1013	
	1987	93	6	1	.08	.30	471	
	1988	91	7	1	.10	.33	679	
25-29	1986	94	2	3	.09	.38	766	
	1987	91	6	3	.13	.42	531	
	1988	91	6	3	.12	.40	786	
30-34	1986	93	3	3	.10	.39	497	
	1987	94	4	2	.08	.33	427	
	1988	91	5	4	.13	.43	581	
35+	1986	93	4	3	.10	.38	600	
	1987	90	6	4	.13	.44	565	
	1988	94	4	2	.08	.33	774	
Time in Service								
< 3 yrs.	1986	93	5	2	.09	.36	609	
	1987	86	12	2	.15	.41	192	
	1988	90	9	1	.11	.35	431	
3-10	1986	95	2	3	.08	.35	1284	
	1987	93	5	2	.09	.35	973	
	1988	92	6	2	.10	.36	1225	
11-20	1986	94	3	3	.08	.35	663	
	1987	91	5	4	.13	.44	688	
	1988	91	5	4	.12	.43	914	
> 20	1986	93	3	5	.12	.45	144	
	1987	92	6	2	.10	.37	146	
	1988	94	4	2	.07	.32	212	
Community								
Land	1986	95	3	2	.07	.34	1681	
	1987	91	6	3	.12	.41	1202	
	1988	93	5	2	.09	.36	1554	
Surface	1986	93	4	3	.11	.40	1047	
	1987	90	8	2	.12	.39	496	
	1988	91	8	2	.11	.36	707	
Sub	1986	98	1	2	.04	.26	133	
	1987	96	4	.	.04	.19	121	
	1988	93	3	4	.11	.42	104	
Air	1986	93	6	2	.09	.35	140	
	1987	94	5	1	.07	.29	143	
	1988	87	8	5	.18	.50	117	

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?

e. Drug rehabilitation clinic/support group

		<u>Yr.</u>	<u>%</u>	<u>Mean</u>	<u>SD</u>	<u>N</u>
		0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly		
<u>Overall</u>	1986	95	4	1	.06	3003
	1987	92	7	1	.09	2113
	1988	92	7	1	.09	2975
<u>Sex</u>						
Male	1986	95	4	1	.06	2674
	1987	92	7	1	.09	1853
	1988	92	6	1	.09	2596
Female	1986	96	3	1	.05	329
	1987	94	4	2	.08	251
	1988	90	9	1	.12	374
<u>Rank</u>						
Officer	1986	100	.	0	.01	342
	1987	98	2	.	.02	303
	1988	99	1	.	.01	478
Enlisted	1986	95	4	1	.06	2659
	1987	92	7	1	.10	1799
	1988	91	7	1	.10	2477
<u>Age</u>						
< 20 yrs.	1986	96	3	1	.06	120
	1987	83	15	2	.18	64
	1988	93	6	1	.08	123
20-24	1986	95	4	1	.06	1014
	1987	94	5	0	.06	470
	1988	90	8	2	.11	678
25-29	1986	96	3	1	.05	765
	1987	91	8	1	.10	535
	1988	92	7	1	.09	777
30-34	1986	94	5	1	.08	498
	1987	95	3	2	.06	425
	1988	93	6	1	.08	580
35+	1986	95	4	1	.06	600
	1987	91	7	2	.11	567
	1988	94	5	1	.07	779
<u>Time in Service</u>						
< 3 yrs.	1986	94	5	1	.06	610
	1987	90	9	1	.11	189
	1988	90	9	1	.12	429
3-10	1986	96	3	1	.05	1283
	1987	93	6	0	.07	980
	1988	92	7	1	.09	1216
11-20	1986	95	4	1	.05	664
	1987	92	5	2	.10	686
	1988	94	5	1	.07	915
> 20	1986	96	3	2	.06	144
	1987	90	9	1	.11	148
	1988	92	7	1	.09	215
<u>Community</u>						
Land	1986	95	4	1	.06	1683
	1987	92	6	2	.10	1202
	1988	93	6	1	.08	1549
Surface	1986	95	4	1	.06	1047
	1987	92	7	1	.08	495
	1988	91	8	1	.10	707
Sub	1986	98	2	.	.02	133
	1987	96	4	.	.04	121
	1988	94	3	2	.08	104
Air	1986	91	9	.	.09	140
	1987	95	5	.	.05	144
	1988	90	8	2	.11	117

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1 Do you regularly participate in any of the following programs, activities, or clubs; ~~or~~ would you like to participate if they were more readily accessible?

f. Stress management counseling

Yr.		0	1	2	Mean	SD	N
		Don't participate/ Don't want to	Would like to participate	Participate regularly			
<u>Overall</u>	1986	66	31	3	.37	.54	2995
	1987	62	36	2	.41	.54	2112
	1988	62	36	3	.41	.54	2983
<u>Sex</u>							
Male	1986	67	30	3	.36	.54	2666
	1987	64	34	2	.38	.53	1847
	1988	63	34	3	.40	.54	2596
Female	1986	56	40	5	.49	.59	329
	1987	44	53	3	.59	.55	256
	1988	53	44	3	.50	.56	382
<u>Rank</u>							
Officer	1986	74	25	2	.28	.48	343
	1987	70	30	1	.31	.48	304
	1988	73	26	1	.28	.46	477
Enlisted	1986	65	32	3	.38	.55	2650
	1987	61	37	2	.42	.54	1798
	1988	60	37	3	.43	.55	2486
<u>Age</u>							
< 20 yrs.	1986	76	19	4	.28	.54	120
	1987	75	25	.	.25	.44	65
	1988	66	33	1	.34	.49	121
20-24	1986	69	28	3	.33	.52	1008
	1987	65	33	1	.36	.51	467
	1988	62	35	3	.40	.54	680
25-29	1986	62	35	3	.42	.55	763
	1987	59	38	3	.44	.55	532
	1988	61	36	2	.41	.54	781
30-34	1986	62	36	2	.41	.54	498
	1987	62	36	2	.40	.53	427
	1988	61	36	3	.42	.55	584
35+	1986	65	31	4	.38	.56	600
	1987	59	38	3	.44	.56	566
	1988	61	35	3	.42	.56	778
<u>Time in Service</u>							
< 3 yrs.	1986	69	28	3	.34	.54	606
	1987	64	35	1	.37	.50	187
	1988	64	34	2	.39	.53	428
3-10	1986	64	33	2	.38	.53	1280
	1987	64	34	2	.38	.53	976
	1988	62	36	2	.41	.54	1216
11-20	1986	64	33	3	.39	.55	664
	1987	60	38	2	.43	.54	686
	1988	59	38	3	.45	.56	921
> 20	1986	68	29	4	.36	.56	144
	1987	62	36	2	.40	.53	148
	1988	67	28	5	.38	.58	217
<u>Community</u>							
Land	1986	66	30	4	.37	.55	1679
	1987	61	36	2	.41	.53	1201
	1988	61	36	3	.41	.54	1556
Surface	1986	64	34	2	.38	.53	1043
	1987	63	34	3	.47	.55	494
	1988	60	38	2	.42	.54	707
Sub	1986	66	32	2	.36	.51	133
	1987	58	42	.	.42	.50	122
	1988	70	28	1	.31	.49	104
Air	1986	70	26	5	.35	.57	140
	1987	61	35	4	.43	.57	145
	1988	57	32	11	.54	.69	115

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?

g. Command-organized sports

Command-Organized Sports		%			Mean	SD	N
	Yr.	0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly			
Overall	1986	39	25	37	.98	.87	2997
	1987	36	40	23	.87	.76	2125
	1988	35	40	24	.89	.77	3003
Sex							
Male	1986	38	24	38	1.00	.87	2670
	1987	35	41	25	.90	.76	1863
	1988	34	40	25	.91	.77	2617
Female	1986	47	29	24	.77	.82	327
	1987	50	36	14	.63	.71	253
	1988	46	38	16	.70	.73	381
Rank							
Officer	1986	47	25	29	.82	.85	346
	1987	33	46	21	.88	.73	307
	1988	32	42	25	.93	.76	482
Enlisted	1986	38	25	37	.99	.87	2649
	1987	37	40	24	.87	.77	1807
	1988	36	40	24	.88	.77	2501
Age							
< 20 yrs.	1986	32	34	34	1.01	.82	119
	1987	34	48	19	.85	.71	66
	1988	28	51	21	.93	.70	123
20-24	1986	35	27	38	1.04	.85	1009
	1987	38	42	20	.82	.74	471
	1988	36	40	24	.88	.77	684
25-29	1986	39	22	39	1.01	.89	760
	1987	36	35	29	.92	.80	535
	1988	33	39	28	.94	.78	789
30-34	1986	41	25	34	.92	.86	498
	1987	35	40	25	.90	.77	427
	1988	36	42	22	.85	.75	587
35+	1986	46	22	32	.86	.88	605
	1987	37	42	21	.84	.74	572
	1988	39	37	24	.95	.78	781
Time in Service							
< 3 yrs.	1986	33	30	36	1.03	.83	606
	1987	31	47	22	.91	.72	192
	1988	31	47	22	.91	.72	433
3-10	1986	38	24	38	1.00	.87	1277
	1987	38	34	24	.85	.77	978
	1988	35	39	26	.92	.77	1232
11-20	1986	43	21	35	.92	.89	665
	1987	36	41	24	.88	.76	687
	1988	38	38	24	.85	.78	922
> 20	1986	45	22	33	.88	.88	146
	1987	32	39	29	.97	.79	150
	1988	34	35	31	.96	.81	214
Community							
Land	1986	38	23	39	1.01	.88	1682
	1987	34	41	26	.92	.77	1208
	1988	34	39	27	.93	.78	1572
Surface	1986	40	28	32	.92	.84	1042
	1987	44	40	16	.72	.72	497
	1988	38	44	18	.80	.72	710
b	1986	36	21	43	1.07	.89	133
	1987	33	45	21	.88	.73	122
	1988	41	35	24	.83	.79	105
Air	1986	39	25	37	.98	.87	140
	1987	38	39	23	.85	.77	145
	1988	37	40	23	.86	.77	116

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do u regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?
h. Command exercise programs

Yr.		t			Mean	SD	N
		0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly			
<u>Overall</u>							
	1986	43	31	26	.83	.81	2978
	1987	42	36	22	.80	.77	2115
	1988	44	35	21	.77	.77	2997
<u>Sex</u>							
Male	1986	44	30	27	.83	.82	2659
	1987	42	36	22	.80	.78	1885
	1988	45	34	21	.76	.77	2670
Female	1986	36	45	20	.84	.73	319
	1987	39	41	20	.80	.74	222
	1988	40	40	20	.80	.75	322
<u>Rank</u>							
Officer	1986	45	38	17	.73	.74	324
	1987	43	42	15	.72	.71	218
	1988	46	36	18	.72	.75	310
Enlisted	1986	43	30	27	.84	.82	2652
	1987	42	35	23	.82	.78	1886
	1988	44	35	21	.78	.78	2666
<u>Age</u>							
< 20 yrs.	1986	34	26	40	1.06	.86	140
	1987	28	52	20	.91	.69	87
	1988	45	38	18	.73	.74	180
20-24	1986	46	31	23	.77	.80	1056
	1987	46	35	18	.72	.75	555
	1988	49	35	16	.67	.73	827
25-29	1986	42	33	25	.82	.80	751
	1987	44	33	23	.80	.79	541
	1988	41	36	24	.83	.78	776
30-34	1986	41	31	27	.86	.82	468
	1987	39	39	22	.83	.77	392
	1988	43	36	21	.78	.77	530
35+	1986	40	31	29	.88	.82	556
	1987	39	36	24	.85	.79	481
	1988	43	33	25	.82	.80	646
<u>Time in Service</u>							
< 3 yrs.	1986	41	31	27	.86	.82	626
	1987	38	42	20	.82	.74	221
	1988	46	40	14	.68	.71	338
3-10	1986	44	32	25	.81	.81	1285
	1987	45	35	20	.75	.77	1005
	1988	43	35	22	.79	.78	1205
11-20	1986	41	32	28	.87	.82	631
	1987	40	36	25	.85	.79	637
	1988	44	33	23	.79	.79	839
> 20	1986	45	22	33	.88	.88	137
	1987	36	33	30	.94	.82	132
	1988	45	29	26	.80	.82	180
<u>Community</u>							
Land	1986	39	31	29	.90	.82	1645
	1987	38	38	24	.87	.78	1185
	1988	41	35	23	.82	.78	1487
Surface	1986	48	32	19	.71	.77	1063
	1987	52	34	14	.62	.71	534
	1988	48	36	16	.68	.73	619
Sub	1986	43	30	27	.84	.83	131
	1987	45	33	22	.77	.79	116
	1988	52	33	15	.63	.74	98
Air	1986	41	22	37	.96	.89	139
	1987	48	38	14	.66	.71	141
	1988	53	36	11	.58	.64	103

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?
- i. Blood pressure screening

		1			Mean	SD	N
Yr.		0	1	2			
		Don't participate/ Don't want to	Would like to participate	Participate regularly			
Overall							
	1986	61	23	16	.54	.75	2995
	1987	46	41	13	.67	.69	2119
	1988	48	39	13	.65	.70	2994
Sex							
Male	1986	60	24	16	.56	.75	2667
	1987	45	42	13	.69	.70	1855
	1988	46	40	14	.67	.70	2610
Female	1986	70	17	13	.42	.71	328
	1987	56	34	10	.54	.67	255
	1988	60	31	9	.49	.65	379
Rank							
Officer	1986	62	17	20	.58	.81	342
	1987	40	41	19	.79	.74	305
	1988	39	38	23	.84	.78	481
Enlisted	1986	61	23	15	.54	.74	2651
	1987	47	41	12	.66	.69	1803
	1988	49	39	12	.63	.69	2493
Age							
< 20 yrs.	1986	72	15	13	.41	.71	118
	1987	63	37	.	.37	.48	65
	1988	69	28	3	.34	.53	122
20-24	1986	67	21	12	.45	.70	1012
	1987	54	37	9	.55	.65	468
	1988	54	39	7	.53	.63	680
25-29	1986	61	25	14	.52	.72	762
	1987	46	41	13	.67	.70	533
	1988	49	38	12	.63	.69	784
30-34	1986	60	25	15	.55	.74	495
	1987	43	43	13	.70	.69	428
	1988	44	44	12	.69	.68	588
35+	1986	50	23	27	.78	.85	602
	1987	35	45	20	.85	.73	571
	1988	36	38	25	.89	.78	784
Time in Service							
< 3 yrs.	1986	67	21	12	.45	.70	606
	1987	58	36	6	.47	.61	192
	1988	56	38	6	.50	.61	427
3-10	1986	62	24	14	.51	.72	1282
	1987	48	41	11	.63	.68	976
	1988	49	39	11	.62	.68	1226
11-20	1986	57	24	19	.63	.79	663
	1987	43	43	14	.71	.70	687
	1988	43	40	17	.74	.73	924
> 20	1986	41	22	37	.97	.88	145
	1987	24	42	33	1.09	.76	150
	1988	30	36	34	1.03	.80	215
Community							
Land	1986	61	22	17	.55	.76	1679
	1987	47	40	13	.67	.70	1206
	1988	48	38	14	.66	.71	1564
Surface	1986	61	25	14	.53	.73	1044
	1987	48	40	12	.65	.69	496
	1988	47	45	8	.61	.63	713
Sub	1986	59	17	23	.64	.84	133
	1987	45	46	9	.63	.64	120
	1988	48	37	15	.67	.72	103
Air	1986	64	25	11	.47	.68	139
	1987	44	44	11	.67	.67	145
	1988	52	30	18	.66	.76	116

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?
 j. Cholesterol/blood fats testing

<u>Yr.</u>		<u>t</u>			<u>Mean</u>	<u>SD</u>	<u>N</u>
		0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly			
<u>Overall</u>	1986	66	27	7	.41	.61	2987
	1987	48	45	7	.59	.62	2125
	1988	44	47	9	.66	.64	3008
<u>Sex</u>							
Male	1986	66	28	7	.41	.62	2660
	1987	48	45	8	.60	.63	1858
	1988	43	47	10	.67	.65	2622
Female	1986	67	27	6	.39	.61	327
	1987	54	44	3	.49	.56	258
	1988	50	44	5	.55	.60	381
<u>Rank</u>							
Officer	1986	63	26	12	.49	.70	341
	1987	33	51	16	.83	.68	308
	1988	26	53	21	.95	.69	484
Enlisted	1986	66	28	6	.40	.60	2644
	1987	50	44	6	.56	.61	1806
	1988	46	46	8	.62	.63	2504
<u>Age</u>							
< 20 yrs.	1986	71	25	4	.33	.55	119
	1987	64	36	.	.36	.48	65
	1988	67	31	2	.35	.52	126
20-24	1986	71	24	5	.34	.57	1008
	1987	58	39	3	.46	.56	466
	1988	52	43	4	.52	.58	681
25-29	1986	65	29	5	.40	.59	761
	1987	50	45	6	.56	.60	536
	1988	45	48	7	.61	.61	785
30-34	1986	65	30	6	.41	.60	497
	1987	46	49	6	.60	.59	421
	1988	34	56	11	.77	.63	588
35+	1986	57	29	14	.57	.72	596
	1987	35	49	16	.80	.69	575
	1988	32	48	20	.88	.71	790
<u>Time in Service</u>							
< 3 yrs.	1986	71	23	6	.35	.59	604
	1987	60	38	2	.41	.53	192
	1988	53	42	5	.52	.59	434
3-10	1986	66	30	4	.38	.57	1280
	1987	52	44	4	.52	.58	978
	1988	46	47	7	.60	.61	1225
11-20	1986	63	28	9	.46	.65	659
	1987	44	47	9	.65	.64	691
	1988	34	52	13	.79	.66	928
> 20	1986	51	28	21	.70	.79	144
	1987	25	47	28	1.03	.73	150
	1988	27	44	29	1.02	.75	217
<u>Community</u>							
Land	1986	65	28	7	.43	.62	1674
	1987	47	46	7	.61	.62	1209
	1988	42	47	11	.68	.65	1577
Surface	1986	67	27	7	.40	.61	1040
	1987	54	39	7	.53	.62	498
	1988	45	50	5	.60	.59	714
Sub	1986	75	18	7	.32	.60	133
	1987	50	46	4	.54	.58	121
	1988	48	44	8	.60	.63	103
Air	1986	67	30	3	.35	.53	140
	1987	45	48	7	.63	.62	145
	1988	44	42	14	.70	.70	117

HEALTH PROMOTION PROGRAMS AND ACTIVITIES

1. Do you regularly participate in any of the following programs, activities, or clubs; or would you like to participate if they were more readily accessible?

k. Other

	Yr.	%			Mean	SD	N
		0 Don't participate/ Don't want to	1 Would like to participate	2 Participate regularly			
<u>Overall</u>							
	1986	34	12	4	.21	.50	763
	1987	80	13	8	.28	.60	324
	1988	75	16	9	.34	.63	450
<u>Sex</u>							
Male							
	1986	83	12	5	.22	.52	692
	1987	81	11	7	.26	.58	282
	1988	74	17	9	.35	.64	397
Female							
	1986	86	14	1	.15	.38	71
	1987	66	23	11	.45	.70	42
	1988	83	12	5	.22	.52	51
<u>Rank</u>							
Officer							
	1986	74	19	7	.33	.61	80
	1987	90	8	2	.12	.38	41
	1988	80	11	10	.30	.64	66
Enlisted							
	1986	85	11	4	.20	.49	683
	1987	79	13	8	.30	.61	282
	1988	75	17	9	.34	.63	379
<u>Age</u>							
< 20 yrs.							
	1986	89	6	4	.15	.47	41
	1987	67	17	17	.50	.79	12
	1988	76	17	7	.31	.60	29
20-24							
	1986	85	11	4	.19	.49	265
	1987	75	20	5	.31	.57	80
	1988	71	21	8	.37	.63	114
25-29							
	1986	86	9	5	.18	.50	202
	1987	76	15	9	.34	.64	81
	1988	82	11	7	.25	.57	130
30-34							
	1986	79	17	4	.25	.51	114
	1987	86	5	9	.23	.60	70
	1988	74	17	8	.34	.63	86
35+							
	1986	76	18	5	.29	.56	140
	1987	85	8	7	.22	.55	74
	1988	71	14	15	.44	.74	86
<u>Time in Service</u>							
< 3 yrs.							
	1986	84	10	6	.22	.54	174
	1987	68	16	16	.49	.77	31
	1988	66	26	8	.43	.65	85
3-10							
	1986	83	13	4	.21	.50	322
	1987	78	16	6	.28	.56	163
	1988	79	13	8	.29	.61	203
11-20							
	1986	84	12	4	.20	.48	145
	1987	86	6	8	.23	.59	97
	1988	77	13	10	.33	.65	119
> 20							
	1986	67	26	8	.41	.64	37
	1987	89	2	9	.21	.61	21
	1988	60	21	20	.60	.83	16
<u>Community</u>							
Land							
	1986	84	12	4	.20	.49	440
	1987	75	16	9	.34	.64	193
	1988	81	11	8	.27	.60	214
Surface							
	1986	83	12	4	.21	.51	273
	1987	85	7	8	.22	.57	78
	1988	74	22	4	.31	.55	116
Sub							
	1986	74	14	12	.38	.70	26
	1987	65	15	.	.15	.36	22
	1988	78	22	.	.22	.43	20
Air							
	1986	96	.	4	.08	.41	24
	1987	92	.	8	.15	.54	19
	1988	60	21	18	.58	.81	19

ATTITUDES TOWARD VARIOUS HEALTH BEHAVIORS

OVER THE NEXT YEAR . . .
5. How likely is it you will reach and/or maintain your ideal weight?

	Yr.	%					Mean	SD	N
		1 No chance at all	2 Slight chance	3 Somewhat likely	4 Quite likely	5 Extremely likely			
Overall	1986	1	8	26	40	25	3.80	.95	3005
	1987	2	8	27	37	26	3.77	1.00	2152
	1988	2	9	27	38	24	3.75	.98	3062
Sex									
Male	1986	1	8	25	41	25	3.79	.95	2675
	1987	2	8	27	36	26	3.75	1.00	1882
	1988	2	9	27	38	24	3.74	.98	2667
Female	1986	1	6	27	37	28	3.86	.94	330
	1987	1	8	21	40	30	3.88	.97	261
	1988	3	5	22	42	28	3.88	.96	390
Rank									
Officer	1986	0	8	24	38	30	3.90	.93	348
	1987	1	9	24	37	29	3.84	.98	312
	1988	1	10	23	41	25	3.79	.96	491
Enlisted	1986	2	8	26	41	24	3.79	.95	2655
	1987	2	8	27	37	26	3.76	1.00	1829
	1988	2	9	27	38	24	3.74	.98	2550
Age									
< 20 yrs.	1986	1	7	18	47	27	3.93	.89	119
	1987	.	6	18	46	30	4.00	.86	65
	1988	3	3	32	32	30	3.84	.98	126
20-24	1986	1	6	26	41	26	3.84	.92	1011
	1987	1	8	26	40	26	3.83	.92	475
	1988	2	9	24	40	24	3.76	.98	696
25-29	1986	2	7	24	42	23	3.82	.94	763
	1987	2	9	27	36	26	3.74	1.01	542
	1988	2	8	25	39	26	3.79	.97	804
30-34	1986	1	7	26	40	26	3.83	.94	496
	1987	5	7	26	34	28	3.73	1.08	433
	1988	2	10	29	38	21	3.66	.99	601
35+	1986	2	11	29	36	22	3.65	1.00	611
	1987	3	9	29	34	25	3.69	1.04	581
	1988	1	10	27	37	25	3.74	.98	795
Time in Service									
< 3 yrs.	1986	1	6	23	44	27	3.91	.89	604
	1987	.	7	26	37	29	3.89	.92	192
	1988	3	8	27	36	26	3.75	1.01	443
3-10	1986	1	6	25	40	27	3.86	.93	1282
	1987	2	8	23	38	26	3.79	.99	990
	1988	2	8	25	40	25	3.78	.96	1255
11-20	1986	3	10	30	37	20	3.63	1.00	666
	1987	3	9	31	32	26	3.68	1.04	696
	1988	1	11	28	36	24	3.70	.99	938
> 20	1986	.	11	20	46	23	3.81	.92	147
	1987	2	7	20	40	31	3.91	.99	151
	1988	1	5	26	41	27	3.88	.90	218
Community									
Land	1986	1	7	25	40	26	3.83	.95	1686
	1987	2	8	26	36	28	3.80	1.01	1224
	1988	2	9	27	38	25	3.75	.98	1602
Surface	1986	1	8	25	43	23	3.79	.93	1047
	1987	3	7	25	40	25	3.77	1.01	506
	1988	2	9	27	39	23	3.73	.98	719
Sub	1986	3	6	38	30	22	3.62	1.00	133
	1987	.	8	40	38	14	3.57	.84	123
	1988	4	10	27	40	18	3.58	1.03	106
Air	1986	2	6	30	40	21	3.72	.94	139
	1987	2	13	26	32	27	3.70	1.05	146
	1988	1	6	41	34	18	3.61	.89	120

ATTITUDES TOWARD VARIOUS HEALTH BEHAVIORS

OVER THE NEXT YEAR . . .

6. How likely is it that you will stop smoking/remain a non-smoker?

	Yr.	f					Mean	SD	N
		1 No chance at all	2 Slight chance	3 Somewhat likely	4 Quite likely	5 Extremely likely			
Overall	1986	6	17	13	12	52	3.85	1.37	2966
	1987	9	17	12	7	54	3.80	1.46	2138
	1988	7	16	13	9	55	3.87	1.40	3038
Sex									
Male	1986	6	17	14	12	51	3.84	1.37	2646
	1987	9	17	13	8	53	3.77	1.47	1868
	1988	7	16	13	9	54	3.85	1.41	2646
Female	1986	6	16	12	10	56	3.95	1.36	320
	1987	6	17	10	7	61	4.00	1.38	261
	1988	6	15	10	9	60	4.03	1.35	387
Rank									
Officer	1986	2	7	6	9	76	4.50	1.01	338
	1987	2	7	6	5	79	4.52	1.04	312
	1988	2	7	5	6	80	4.55	.99	488
Enlisted	1986	7	18	14	12	49	3.78	1.38	2626
	1987	10	19	13	8	51	3.71	1.48	1815
	1988	8	18	14	9	51	3.78	1.42	2530
Age									
< 20 yrs.	1986	6	9	16	19	50	3.98	1.25	118
	1987	11	13	13	6	56	3.83	1.49	64
	1988	8	20	13	12	47	3.71	1.43	123
20-24	1986	6	16	14	12	51	3.86	1.36	1001
	1987	6	17	12	9	57	3.94	1.37	473
	1988	6	14	14	10	55	3.93	1.36	689
25-29	1986	7	18	12	12	50	3.81	1.39	751
	1987	9	14	14	7	55	3.84	1.44	536
	1988	7	16	13	7	58	3.93	1.40	800
30-34	1986	5	19	14	10	52	3.83	1.37	486
	1987	12	22	13	6	47	3.54	1.53	431
	1988	10	19	12	7	52	3.72	1.49	597
35+	1986	6	17	13	9	54	3.89	1.37	605
	1987	10	19	10	7	55	3.78	1.49	577
	1988	6	17	13	11	54	3.90	1.38	790
Time in Service									
< 3 yrs.	1986	5	16	16	14	49	3.86	1.32	600
	1987	7	12	14	7	59	3.99	1.37	190
	1988	7	18	14	8	52	3.82	1.40	440
3-10	1986	6	16	11	13	55	3.94	1.35	1265
	1987	7	16	12	8	57	3.91	1.40	983
	1988	6	14	13	9	57	3.97	1.36	1242
11-20	1986	7	21	14	8	50	3.73	1.43	651
	1987	12	19	11	7	50	3.63	1.54	691
	1988	8	18	13	9	53	3.82	1.42	932
> 20	1986	8	19	13	9	51	3.76	1.44	148
	1987	10	26	10	3	51	3.60	1.54	151
	1988	7	20	10	9	55	3.85	1.42	218
Community									
Land	1986	6	16	12	12	54	3.92	1.36	1665
	1987	9	18	11	8	55	3.82	1.46	1218
	1988	6	15	13	9	56	3.93	1.37	1588
Surface	1986	6	20	15	12	47	3.73	1.38	1031
	1987	13	18	15	7	47	3.58	1.52	501
	1988	10	18	15	9	49	3.69	1.47	713
Sub	1986	6	15	12	9	58	3.96	1.38	132
	1987	3	15	10	8	64	4.15	1.27	122
	1988	8	14	11	11	55	3.90	1.40	106
Air	1986	7	15	13	12	53	3.89	1.36	139
	1987	8	14	15	6	58	3.92	1.41	145
	1988	3	13	14	7	63	4.14	1.25	118

ATTITUDES TOWARD VARIOUS HEALTH BEHAVIORS

OVER THE NEXT YEAR . . .

7. How likely is it that you will exercise regularly?

	Yr.	%					Mean	SD	N
		1 No chance at all	2 Slight chance	3 Somewhat likely	4 Quite likely	5 Extremely likely			
<u>Overall</u>	1986	3	10	28	38	21	3.63	1.01	3012
	1987	3	11	26	36	24	3.66	1.05	2150
	1988	3	11	26	36	24	3.68	1.05	3050
<u>Sex</u>									
Male	1986	3	11	28	38	20	3.62	1.02	2681
	1987	3	11	26	35	24	3.65	1.06	1916
	1988	3	12	26	36	24	3.67	1.06	2715
Female	1986	1	5	31	40	23	3.78	.90	331
	1987	1	12	25	39	24	3.72	1.00	225
	1988	2	6	30	39	23	3.75	.95	330
<u>Rank</u>									
Officer	1986	1	8	22	41	28	3.86	.96	348
	1987	1	7	20	38	34	3.98	.94	222
	1988	0	6	16	41	37	4.06	.90	316
Enlisted	1986	3	11	29	37	20	3.61	1.01	2662
	1987	3	12	27	36	22	3.62	1.06	1917
	1988	3	11	27	35	23	3.64	1.05	2713
<u>Age</u>									
< 20 yrs.	1986	0	10	26	44	20	3.73	.89	119
	1987	0	3	17	52	28	4.06	.76	87
	1988	1	14	19	38	28	3.77	1.04	179
20-24	1986	2	8	31	37	21	3.67	.97	1014
	1987	2	13	30	33	23	3.61	1.04	561
	1988	2	9	28	38	23	3.70	1.00	852
25-29	1986	2	11	26	36	25	3.70	1.03	765
	1987	3	12	27	34	24	3.64	1.05	551
	1988	2	12	27	33	27	3.70	1.06	785
30-34	1986	3	13	28	40	17	3.55	1.00	498
	1987	5	9	24	40	22	3.65	1.08	398
	1988	4	12	26	35	23	3.60	1.10	539
35+	1986	4	12	27	39	17	3.53	1.05	611
	1987	4	13	24	34	25	3.65	1.10	493
	1988	4	10	26	36	24	3.66	1.06	655
<u>Time in Service</u>									
< 3 yrs.	1986	2	6	32	39	21	3.72	.92	608
	1987	1	9	23	40	28	3.85	.97	223
	1988	3	11	25	37	24	3.69	1.05	553
3-10	1986	2	10	27	36	24	3.69	1.02	1285
	1987	2	12	28	34	23	3.63	1.04	1020
	1988	2	11	27	35	25	3.71	1.01	1224
11-20	1986	4	14	31	38	14	3.44	1.01	667
	1987	5	12	26	35	22	3.56	1.11	645
	1988	4	12	27	34	24	3.56	1.08	853
> 20	1986	4	14	25	36	21	3.55	1.10	148
	1987	3	9	24	34	30	3.77	1.08	133
	1988	8	9	19	38	26	3.65	1.18	181
<u>Community</u>									
Land	1986	3	9	27	38	23	3.71	1.00	1694
	1987	2	11	24	36	26	3.73	1.04	1203
	1988	3	8	26	37	26	3.77	1.00	1513
Surface	1986	3	12	31	37	17	3.52	1.00	1047
	1987	5	12	30	34	19	3.50	1.07	543
	1988	4	14	27	35	20	3.55	1.07	832
Sub	1986	2	18	23	27	20	3.57	1.06	132
	1987	3	11	31	39	16	3.55	.97	120
	1988	6	18	30	28	18	3.34	1.15	101
Air	1986	3	11	28	39	19	3.59	1.01	139
	1987	6	13	26	32	23	3.54	1.14	143
	1988	2	14	30	33	22	3.59	1.03	106

MISCELLANEOUS COMMAND-RELATED ITEMS

MISCELLANEOUS COMMAND-RELATED ITEMS
REGARDING SUPPORT OF HAPR PROGRAM

- o Overall, individuals felt that top levels of the command were supportive of the HAPR Program, though the support was not perceived as strong.
- o More than 20% of the respondents perceived their command leaders as "somewhat poor" to "extremely poor" examples of fit and weight-conscious leaders.
- o Individuals with more time in the service tended to give more positive ratings; those in the 20-24-year-old age group tended to give the lowest ratings.
- o Officers perceived somewhat less time and opportunity to exercise than did enlisted personnel.
- o Compared to men, women thought there was less time and opportunity to exercise, not enough low-calorie foods for the diet-conscious, not enough physical fitness programs and activities, and not enough effective weight control programs.
- o Overall, individuals did not believe that the physical fitness and weight standards are applied equally across all ranks; enlisted personnel were more likely than officers, women more likely than men, and those with 3-10 years of service were more likely than others to perceive unequal application of standards.
- o In general, the air community gave the highest ratings and the surface ship community the lowest ratings regarding their command leaders' attitude toward physical fitness and weight control.
- o The air community was most satisfied with the adequacy of their command weight-control programs; they were also most likely to feel that the weight and fitness standards were being applied equally across all ranks.
- o Shore personnel most often reported having command-provided time during the work day for exercise; they were also more likely than the other communities to

report that their commands provided enough low-calorie foods for the diet-conscious.

- o Of the four communities, submarine personnel perceived having the least adequate time, facilities, and programs/activities available for fitness and exercise.
- o Among the T1-T2-T3 Cohort, several command-related items showed small but statistically significant time effects indicating an increase in perceived support of physical readiness programs and concerns from 1986 to 1988. Trends over this time frame indicated that people raised their ratings of:
 - * Top-level command support of physical fitness and weight control programs.
 - * Sufficient time and opportunity to exercise.
 - * Enough physical fitness and effective weight control programs.
 - * Provision of awards/incentives for those scoring outstanding on the PRT.

MISCELLANEOUS COMMAND-RELATED ITEMS

1. Do you think top levels of the command have positive or negative feelings about the Health and Physical Readiness program?

	Yr.	1							Mean	SD	N
		1	2	3	4	5	6	7			
		Extremely negative	Moderately negative	Slightly negative	Neither positive nor negative	Slightly positive	Moderately positive	Extremely positive			
Overall											
	1986	2	5	6	19	21	29	18	5.10	1.50	3011
	1987	3	2	3	16	17	29	29	5.49	1.47	2151
	1988	2	2	5	17	16	31	27	5.45	1.42	3053
Sex											
Male											
	1986	3	5	6	19	22	29	18	5.11	1.50	2683
	1987	3	2	3	15	17	30	29	5.50	1.46	1884
	1988	1	2	5	17	17	31	27	5.45	1.41	2662
Female											
	1986	2	6	7	21	21	25	18	4.98	1.53	328
	1987	2	3	6	20	15	26	28	5.35	1.51	258
	1988	2	2	4	19	13	33	26	5.43	1.43	386
Rank											
Officer											
	1986	2	3	7	19	15	31	22	5.24	1.51	349
	1987	1	4	4	15	17	36	24	5.46	1.37	310
	1988	0	3	5	15	16	33	28	5.54	1.36	488
Enlisted											
	1986	3	5	6	19	22	28	17	5.08	1.50	2660
	1987	3	2	3	16	17	29	30	5.49	1.48	1830
	1988	2	2	5	17	16	31	27	5.44	1.42	2544
Age											
< 20 yrs											
	1986	2	3	3	17	25	31	20	5.31	1.36	122
	1987	3	2	.	14	17	40	24	5.58	1.35	67
	1988	.	4	10	21	12	36	17	5.15	1.42	126
20-24											
	1986	3	5	6	21	22	30	12	4.92	1.50	1015
	1987	2	2	3	22	19	25	27	5.36	1.44	473
	1988	1	3	5	19	18	30	23	5.32	1.43	693
25-29											
	1986	2	4	4	19	23	28	21	5.24	1.43	765
	1987	3	2	3	16	17	30	30	5.52	1.45	547
	1988	2	2	4	17	17	31	27	5.45	1.43	799
30-34											
	1986	2	6	8	19	22	24	20	5.05	1.52	496
	1987	3	2	5	14	18	31	27	5.44	1.48	427
	1988	2	2	4	17	17	31	28	5.48	1.40	598
35+											
	1986	3	4	7	15	18	29	24	5.23	1.58	607
	1987	2	3	3	12	15	31	34	5.59	1.50	580
	1988	1	2	4	13	14	32	34	5.68	1.37	797
Time in Service											
< 3 yrs.											
	1986	2	5	6	21	23	30	14	5.05	1.42	611
	1987	3	2	1	15	21	32	26	5.52	1.38	193
	1988	1	4	4	18	17	34	21	5.35	1.38	440
3-10											
	1986	2	5	5	20	21	29	12	5.10	1.49	1283
	1987	2	2	3	19	16	29	29	5.45	1.45	992
	1988	2	2	5	17	17	31	25	5.38	1.45	1244
11-20											
	1986	3	4	7	14	21	29	22	5.19	1.55	666
	1987	2	2	4	12	19	31	31	5.62	1.36	690
	1988	1	2	4	16	17	32	29	5.57	1.34	939
> 20											
	1986	3	5	6	15	15	29	27	5.27	1.63	145
	1987	5	9	2	10	10	31	34	5.39	1.81	152
	1988	1	3	4	9	10	30	44	5.86	1.41	219
Community											
Land											
	1986	2	4	6	16	19	30	23	5.26	1.50	1692
	1987	2	2	4	14	16	30	23	5.60	1.42	1225
	1988	1	3	4	17	15	31	29	5.49	1.43	1593
Surface											
	1986	3	6	6	24	25	27	10	4.80	1.47	1049
	1987	4	2	2	20	22	26	23	5.25	1.49	505
	1988	2	3	5	21	20	29	19	5.19	1.44	716
Sub											
	1986	2	4	6	18	29	28	13	5.03	1.40	130
	1987	3	6	3	18	11	35	23	5.25	1.61	123
	1988	0	3	5	10	16	39	27	5.61	1.32	107
Air											
	1986	3	1	4	14	20	28	29	5.51	1.42	140
	1987	2	1	2	18	16	29	31	5.58	1.40	146
	1988	.	2	4	14	23	32	26	5.56	1.23	119

MISCELLANEOUS COMMAND-RELATED ITEMS

2. What kinds of attitudes toward physical fitness and weight control do top levels of the command have?									command have?		N
Yr.		1	2	3	4	5	6	7	Mean	SD	
		Extremely negative	Moderately negative	Slightly negative	Neither positive nor negative	Slightly positive	Moderately positive	Extremely positive			
Overall	1986	2	3	5	15	24	31	19	5.28	1.38	3009
	1987	1	2	2	13	19	33	29	5.62	1.33	2148
	1988	1	2	3	15	18	35	25	5.54	1.30	3051
Sex											
Male	1986	2	3	5	15	25	31	19	5.29	1.38	2680
	1987	1	2	3	13	19	33	30	5.62	1.34	1880
	1988	1	2	3	15	19	35	25	5.54	1.29	2652
Female	1986	0	5	6	18	24	30	19	5.24	1.36	329
	1987	1	2	1	15	21	34	25	5.58	1.24	259
	1988	1	2	3	18	15	35	25	5.51	1.34	384
Rank											
Officer	1986	1	2	4	15	21	36	22	5.49	1.24	347
	1987	1	3	2	13	17	42	23	5.59	1.23	310
	1988	0	2	3	11	18	40	27	5.71	1.17	489
Enlisted	1986	2	3	5	15	25	31	19	5.26	1.39	2660
	1987	2	2	3	13	19	32	30	5.62	1.34	1827
	1988	1	2	3	16	18	35	25	5.52	1.31	2541
Age											
< 20 yrs	1986	.	1	5	13	22	37	22	5.53	1.20	121
	1987	.	2	5	12	13	32	37	5.80	1.27	67
	1988	.	3	2	24	18	37	17	5.33	1.23	126
20-24	1986	3	4	5	17	27	31	13	5.09	1.40	1015
	1987	1	2	3	16	23	30	26	5.50	1.29	472
	1988	2	3	4	16	20	35	21	5.38	1.36	695
25-29	1986	1	3	5	14	26	30	22	5.38	1.32	766
	1987	1	3	3	14	16	35	29	5.61	1.33	547
	1988	1	1	4	14	19	33	27	5.55	1.32	796
30-34	1986	1	3	6	16	24	28	22	5.33	1.37	496
	1987	1	2	1	13	21	32	30	5.68	1.25	426
	1988	1	1	3	18	19	35	24	5.53	1.26	597
35+	1986	2	3	4	14	20	34	23	5.41	1.41	605
	1987	3	2	2	9	17	35	32	5.67	1.42	579
	1988	1	2	2	12	15	37	32	5.80	1.21	797
Time in Service											
< 3 yrs.	1986	2	3	5	16	26	33	15	5.20	1.36	610
	1987	1	1	3	12	24	28	30	5.61	1.30	192
	1988	1	2	2	16	19	41	18	5.45	1.25	440
3-10	1986	1	3	4	16	26	30	19	5.29	1.34	1283
	1987	1	2	3	16	18	34	27	5.59	1.27	993
	1988	2	1	4	15	19	32	26	5.49	1.36	1244
11-20	1986	1	2	6	14	22	31	23	5.39	1.37	665
	1987	1	2	1	9	22	32	32	5.73	1.27	688
	1988	1	1	2	14	18	37	27	5.67	1.20	937
> 20	1986	4	3	2	10	20	35	26	5.47	1.50	144
	1987	5	5	4	8	10	34	34	5.52	1.71	152
	1988	1	2	2	10	11	35	39	5.91	1.25	219
Community											
Land	1986	1	3	4	15	21	33	23	5.44	1.34	1690
	1987	1	2	3	11	17	32	34	5.74	1.31	1224
	1988	1	2	3	14	18	33	29	5.62	1.32	1593
Surface	1986	3	4	7	18	29	29	12	4.99	1.40	1048
	1987	2	2	3	18	22	31	22	5.36	1.37	503
	1988	1	2	4	21	22	34	16	5.24	1.31	717
Sub	1986	.	3	4	15	28	35	15	5.33	1.19	131
	1987	.	3	2	15	23	36	21	5.48	1.23	123
	1988	.	1	3	10	24	45	17	5.61	1.04	107
Air	1986	3	2	2	9	26	30	28	5.56	1.38	140
	1987	2	2	1	14	22	34	26	5.59	1.28	146
	1988	.	0	3	11	15	44	27	5.82	1.06	119

MISCELLANEOUS COMMAND-RELATED ITEMS

3. Do top levels of the command set good examples of physically fit and weight-conscious leaders?
Yr.

		1	2	3	4	5	6	7	Mean	SD	N
		Extremely negative	Moderately negative	Slightly negative	Neither positive nor negative	Slightly positive	Moderately positive	Extremely positive			
<u>Overall</u>											
	1986	6	7	15	14	25	22	11	4.53	1.67	3006
	1987	6	5	11	14	24	26	15	4.83	1.65	2142
	1988	6	6	11	14	26	24	13	4.74	1.64	3044
<u>Sex</u>											
<u>Male</u>											
	1986	6	7	15	14	26	22	10	4.54	1.67	2678
	1987	6	4	11	14	24	26	15	4.86	1.65	1875
	1988	5	6	11	14	26	24	13	4.74	1.63	2656
<u>Female</u>											
	1986	5	9	18	13	22	20	13	4.47	1.72	328
	1987	7	6	13	13	24	25	11	4.62	1.71	258
	1988	7	4	12	11	25	28	12	4.77	1.68	383
<u>Rank</u>											
<u>Officer</u>											
	1986	5	5	13	10	25	26	15	4.85	1.65	348
	1987	4	3	8	13	25	29	19	5.15	1.52	309
	1988	3	5	11	8	25	27	20	5.07	1.61	487
<u>Enlisted</u>											
	1986	6	7	15	14	25	22	10	4.50	1.67	2656
	1987	6	5	11	14	24	26	14	4.80	1.66	1822
	1988	6	6	11	15	26	24	12	4.70	1.64	2536
<u>Age</u>											
< 20 yrs											
	1986	4	4	9	22	32	24	5	4.67	1.39	122
	1987	2	2	3	16	20	36	22	5.47	1.31	67
	1988	6	8	12	19	23	21	10	4.50	1.67	124
20-24											
	1986	9	10	18	15	25	18	7	4.18	1.69	1015
	1987	8	7	12	16	26	22	10	4.52	1.68	471
	1988	6	8	13	15	26	24	8	4.52	1.64	692
25-29											
	1986	6	5	16	12	26	23	12	4.63	1.65	762
	1987	5	5	11	12	27	26	13	4.80	1.63	543
	1988	5	5	10	17	29	23	11	4.73	1.55	795
30-34											
	1986	4	7	13	15	25	24	13	4.72	1.61	493
	1987	5	5	12	14	24	25	15	4.84	1.63	426
	1988	6	4	14	10	26	27	13	4.79	1.65	599
35+											
	1986	5	5	12	11	23	27	17	4.90	1.67	608
	1987	6	2	10	12	19	31	20	5.08	1.67	578
	1988	5	3	10	11	22	26	22	5.08	1.67	794
<u>Time in Service</u>											
< 3 yrs.											
	1986	7	9	14	16	28	18	8	4.33	1.66	611
	1987	5	1	11	18	24	28	13	4.90	1.54	192
	1988	4	7	11	18	26	26	9	4.69	1.54	440
3-10											
	1986	6	7	16	14	25	23	9	4.47	1.65	1276
	1987	6	7	11	13	26	25	13	4.72	1.67	987
	1988	6	6	12	15	26	24	10	4.60	1.65	1240
11-20											
	1986	4	6	14	11	25	25	15	4.83	1.64	667
	1987	5	3	11	13	23	27	17	4.97	1.61	687
	1988	5	3	12	10	28	24	17	4.93	1.62	935
> 20											
	1986	6	4	10	9	20	31	21	5.05	1.74	145
	1987	6	3	7	14	17	28	25	5.15	1.73	152
	1988	3	5	10	8	14	29	31	5.36	1.67	219
<u>Community</u>											
<u>Land</u>											
	1986	5	6	14	13	24	24	12	4.67	1.65	1690
	1987	5	5	11	13	24	27	16	4.89	1.65	1220
	1988	6	5	12	14	27	23	14	4.74	1.65	1587
<u>Surface</u>											
	1986	9	8	17	15	27	18	6	4.21	1.66	1045
	1987	9	5	13	17	26	21	10	4.47	1.71	502
	1988	7	6	13	17	27	23	7	4.48	1.62	716
<u>Sub</u>											
	1986	4	8	15	13	23	27	10	4.63	1.63	132
	1987	3	4	11	15	25	33	9	4.91	1.45	123
	1988	5	11	10	12	20	29	14	4.73	1.74	107
<u>Air</u>											
	1986	4	3	6	8	25	31	23	5.33	1.52	139
	1987	3	1	7	12	22	33	22	5.35	1.43	145
	1988	1	3	10	10	19	33	24	5.38	1.46	118

MISCELLANEOUS COMMAND-RELATED ITEMS

4. Do top levels of the command seem truly concerned about the physical fitness and appropriate weight of their people?

	Yr.	1 Extremely lacking concern	2 Generally lacking concern	3 Somewhat lacking concern	4 Neither concerned nor lacking	5 Somewhat concerned	6 Generally concerned	7 Extremely concerned	Mean	SD	N
Overall											
	1986	4	7	11	12	25	27	13	4.81	1.62	3013
	1987	3	5	7	10	22	32	21	5.25	1.54	2151
	1988	3	5	9	11	23	31	18	5.11	1.55	3054
Sex											
Male											
	1986	4	7	11	12	26	28	13	4.85	1.60	2685
	1987	3	5	7	10	22	32	22	5.28	1.53	1883
	1988	3	4	9	11	23	31	19	5.13	1.55	2665
Female											
	1986	5	10	16	13	23	23	12	4.53	1.70	328
	1987	5	4	9	12	22	31	15	4.97	1.64	259
	1988	2	6	11	10	27	28	15	4.98	1.53	384
Rank											
Officer											
	1986	2	8	10	7	36	30	14	4.99	1.52	348
	1987	1	4	8	10	21	40	14	5.25	1.39	310
	1988	1	5	8	9	24	35	19	5.29	1.42	489
Enlisted											
	1986	4	7	12	13	25	27	13	4.79	1.63	2663
	1987	3	5	7	10	22	31	22	5.25	1.56	1830
	1988	3	4	9	11	23	30	18	5.09	1.56	2544
Age											
< 20 yrs											
	1986	2	3	5	9	33	35	14	5.24	1.34	122
	1987	2	2	5	9	22	39	28	5.81	1.04	67
	1988	2	5	10	17	27	23	15	4.95	1.48	126
20-24											
	1986	6	9	12	14	28	22	9	4.52	1.66	1018
	1987	4	6	8	12	25	28	18	5.03	1.60	473
	1988	5	6	10	12	24	32	12	4.88	1.62	692
25-29											
	1986	3	6	12	12	24	30	13	4.88	1.57	765
	1987	3	6	6	11	20	34	20	5.21	1.58	547
	1988	2	5	9	14	22	29	19	5.09	1.54	799
30-34											
	1986	3	7	13	10	23	28	16	4.92	1.61	493
	1987	2	4	8	9	23	35	19	5.26	1.47	428
	1988	3	4	12	9	24	30	18	5.11	1.54	599
35+											
	1986	2	6	10	11	21	30	19	5.08	1.59	609
	1987	3	3	8	8	19	33	26	5.40	1.53	579
	1988	2	3	7	7	22	34	26	5.49	1.42	798
Time in Service											
< 3 yrs.											
	1986	4	8	12	12	28	25	11	4.70	1.61	613
	1987	3	4	3	12	24	33	20	5.29	1.49	192
	1988	3	5	9	12	28	31	13	5.01	1.48	440
3-10											
	1986	5	7	11	12	26	28	11	4.75	1.61	1281
	1987	3	5	8	11	22	31	20	5.17	1.56	993
	1988	4	5	10	13	22	28	17	4.97	1.61	1245
11-20											
	1986	3	6	12	10	21	30	18	5.02	1.63	667
	1987	2	4	7	8	22	34	22	5.33	1.50	690
	1988	2	3	9	8	23	34	21	5.31	1.47	939
> 20											
	1986	3	5	8	11	20	30	24	5.24	1.59	145
	1987	4	3	6	8	18	31	30	5.48	1.56	152
	1988	2	3	6	7	14	34	35	5.70	1.46	219
Community											
Land											
	1986	3	7	9	11	23	30	16	5.01	1.59	1689
	1987	2	4	7	9	20	33	24	5.36	1.51	1226
	1988	1	5	9	11	23	31	20	5.19	1.52	1595
Surface											
	1986	6	8	14	15	28	21	8	4.43	1.63	1052
	1987	4	6	8	13	24	29	16	5.00	1.60	504
	1988	5	5	10	14	26	27	13	4.80	1.61	715
Sub											
	1986	2	4	17	9	25	31	11	4.86	1.51	133
	1987	3	4	6	11	28	36	12	5.14	1.41	123
	1988	4	6	13	9	20	36	12	4.87	1.65	107
Air											
	1986	2	4	9	7	25	36	18	5.29	1.43	139
	1987	5	5	2	8	25	35	22	5.34	1.56	146
	1988	1	3	9	7	25	33	22	5.38	1.40	119

MISCELLANEOUS COMMAND-RELATED ITEMS

5. Do you feel that you have sufficient time and opportunity to exercise in addition to performing your work duties?

		1	2	3	4	5	6	7	Mean	SD	N
	Yr.	Absolutely never enough	Generally never enough	Often not enough	Mixed about 50/50	Often enough	Generally enough	Always enough			
Overall											
	1986	10	12	16	19	13	18	11	4.11	1.85	3014
	1987	10	11	14	19	11	21	14	4.32	1.90	2150
	1988	9	12	14	19	13	18	14	4.27	1.87	3053
Sex											
Male											
	1986	10	12	16	19	13	18	12	4.13	1.86	2685
	1987	10	11	14	18	11	22	15	4.35	1.91	1882
	1988	9	12	14	19	13	18	14	4.28	1.87	2664
Female											
	1986	11	14	19	19	13	16	8	3.90	1.79	329
	1987	10	14	16	24	9	18	9	3.99	1.81	259
	1988	10	11	16	19	13	20	11	4.17	1.84	384
Rank											
Officer											
	1986	14	16	14	12	9	23	11	3.98	2.02	349
	1987	17	17	13	13	8	20	12	3.86	2.07	309
	1988	11	16	11	14	11	21	16	4.26	2.02	489
Enlisted											
	1986	10	12	17	20	13	17	12	4.12	1.83	2663
	1987	9	11	14	20	11	21	15	4.37	1.87	1830
	1988	9	11	15	20	14	18	14	4.27	1.85	2543
Age											
< 20 yrs											
	1986	5	4	16	30	19	18	8	4.40	1.50	121
	1987	2	2	12	17	14	40	14	5.15	1.41	67
	1988	2	10	17	22	22	17	10	4.41	1.55	126
20-24											
	1986	10	13	19	10	15	15	8	3.94	1.78	1021
	1987	9	12	13	20	12	22	13	4.31	1.86	474
	1988	9	12	16	21	12	19	12	4.18	1.83	692
25-29											
	1986	10	12	14	20	13	17	13	4.20	1.87	763
	1987	8	12	16	21	12	18	14	4.24	1.84	545
	1988	10	11	15	19	14	18	14	4.26	1.87	798
30-34											
	1986	12	15	14	18	9	18	14	4.04	1.97	493
	1987	13	14	14	17	10	19	13	4.04	1.98	428
	1988	12	14	11	19	12	18	14	4.13	1.95	599
35+											
	1986	10	10	16	17	10	22	14	4.31	1.91	610
	1987	10	10	11	17	10	22	19	4.47	1.98	579
	1988	9	10	12	18	13	20	18	4.48	1.91	798
Time in Service											
< 3 yrs.											
	1986	8	12	20	21	14	16	8	4.03	1.71	612
	1987	5	7	8	22	13	28	17	4.82	1.72	193
	1988	6	10	18	21	14	20	10	4.28	1.69	440
3-10											
	1986	11	12	16	19	14	17	11	4.11	1.86	1283
	1987	10	13	16	19	11	21	11	4.14	1.87	991
	1988	11	13	14	19	12	18	14	4.15	1.92	1245
11-20											
	1986	12	12	16	19	10	19	12	4.09	1.92	666
	1987	10	12	12	19	10	19	17	4.33	1.96	690
	1988	9	12	13	20	13	17	15	4.26	1.88	940
> 20											
	1986	9	7	13	13	9	27	21	4.72	1.95	145
	1987	10	8	11	18	12	19	23	4.63	1.97	152
	1988	8	7	10	14	10	21	30	4.94	1.97	219
Community											
Land											
	1986	8	10	15	18	13	21	16	4.44	1.87	1690
	1987	9	10	12	18	11	23	18	4.52	1.91	1226
	1988	8	9	13	19	13	20	18	4.54	1.86	1595
Surface											
	1986	13	16	19	22	13	11	6	3.62	1.72	1052
	1987	12	13	19	19	11	17	9	3.88	1.84	504
	1988	13	15	19	23	12	12	6	3.64	1.72	716
Sub											
	1986	15	24	26	11	5	14	4	3.25	1.74	133
	1987	10	19	14	15	13	24	5	3.91	1.83	123
	1988	13	24	13	20	14	14	3	3.52	1.74	106
Air											
	1986	6	6	10	24	15	29	12	4.70	1.64	139
	1987	10	16	11	26	10	18	9	4.00	1.82	146
	1988	4	15	9	19	20	24	10	4.47	1.69	119

MISCELLANEOUS COMMAND-RELATED ITEMS

6. Is there enough space and equipment available at your command/ship for you to exercise if you want to?

		4									
	Yr.	1 Absolutely never enough	2 Generally never enough	3 Often not enough	4 Mixed about 50/50	5 Often enough	6 Generally enough	7 Always enough	Mean	SD	N
<u>Overall</u>	1986	7	7	10	15	12	28	20	4.84	1.84	3007
	1987	7	7	10	14	11	27	25	4.94	1.89	2140
	1988	6	5	8	15	12	29	24	5.04	1.79	3043
<u>Sex</u>											
Male	1986	7	7	10	14	12	28	21	4.86	1.84	2681
	1987	7	7	10	14	11	26	26	4.98	1.87	1874
	1988	6	5	9	15	13	28	24	5.04	1.79	2654
Female	1986	7	8	10	18	13	28	15	4.65	1.81	326
	1987	13	7	10	14	12	28	16	4.54	1.99	257
	1988	7	4	6	15	9	36	22	5.10	1.78	385
<u>Rank</u>											
Officer	1986	7	6	8	12	12	33	23	5.05	1.83	349
	1987	11	9	7	15	10	30	18	4.63	2.00	306
	1988	7	5	8	12	9	32	26	5.12	1.85	488
Enlisted	1986	7	7	11	15	12	27	20	4.82	1.84	2656
	1987	7	6	10	13	11	26	26	4.97	1.87	1823
	1988	6	5	8	15	13	29	24	5.04	1.78	2536
<u>Age</u>											
< 20 yrs	1986	3	8	13	20	13	27	15	4.74	1.67	121
	1987	2	.	5	16	22	36	20	5.46	1.25	67
	1988	3	4	8	17	16	34	18	5.13	1.56	123
20-24	1986	8	8	12	18	12	27	16	4.63	1.83	1017
	1987	7	10	13	16	11	22	21	4.67	1.90	471
	1988	7	5	11	15	14	28	19	4.85	1.79	689
25-29	1986	6	7	10	12	13	29	23	4.98	1.84	762
	1987	7	7	7	14	9	28	28	5.05	1.90	545
	1988	6	6	6	15	13	30	25	5.13	1.75	798
30-34	1986	8	6	12	15	14	22	23	4.81	1.88	494
	1987	10	6	12	11	11	26	24	4.81	1.98	423
	1988	7	6	8	15	11	29	25	5.04	1.83	597
35+	1986	6	7	7	10	12	32	25	5.10	1.83	607
	1987	7	5	9	12	11	29	27	5.11	1.84	577
	1988	7	5	7	14	9	29	29	5.17	1.84	797
<u>Time in Service</u>											
< 3 yrs.	1986	6	9	11	20	13	28	14	4.65	1.75	612
	1987	8	5	9	15	14	27	23	4.95	1.83	192
	1988	4	6	9	18	13	31	19	4.98	1.88	439
3-10	1986	7	7	11	13	13	28	21	4.85	1.86	1280
	1987	7	8	11	15	10	25	23	4.81	1.91	985
	1988	7	5	9	13	13	29	23	4.99	1.83	1241
11-20	1986	8	7	8	13	13	28	22	4.91	1.87	665
	1987	7	5	9	11	11	30	28	5.14	1.83	688
	1988	7	5	7	15	11	27	27	5.09	1.83	937
> 20	1986	7	7	5	8	12	29	32	5.27	1.88	145
	1987	8	5	12	9	9	24	33	5.10	1.98	151
	1988	6	4	5	11	7	28	39	5.53	1.76	218
<u>Community</u>											
Land	1986	5	5	8	12	11	31	28	5.22	1.76	1688
	1987	6	4	8	12	10	28	32	5.28	1.80	1220
	1988	5	4	6	13	12	30	31	5.38	1.70	1591
Surface	1986	7	10	14	19	15	23	11	4.37	1.77	1051
	1987	8	11	14	16	11	25	14	4.42	1.88	500
	1988	6	8	13	20	14	27	12	4.55	1.73	714
Sub	1986	24	19	10	14	10	17	6	3.43	2.00	132
	1987	14	11	23	22	9	15	7	3.72	1.78	123
	1988	30	13	24	12	6	12	3	2.99	1.80	106
Air	1986	5	4	7	15	12	35	22	5.17	1.69	136
	1987	12	10	7	13	16	25	16	4.52	1.99	145
	1988	4	6	8	20	9	31	21	5.00	1.72	119

MISCELLANEOUS COMMAND-RELATED ITEMS

7. Does the command's mess provide enough low-calorie foods for someone who is diet-conscious?

		%									
	Yr.	1 Absolutely never enough	2 Generally never enough	3 Often not enough	4 Mixed about 50/50	5 Often enough	6 Generally enough	7 Always enough	Mean	SD	N
<u>Overall</u>	1986	8	11	15	25	15	17	9	4.18	1.71	2830
	1987	7	10	11	29	13	18	12	4.32	1.72	2055
	1988	8	10	12	29	14	19	8	4.19	1.69	2885
<u>Sex</u>											
Male	1986	8	10	14	25	15	18	10	4.22	1.71	2526
	1987	7	10	11	29	13	19	12	4.36	1.72	1804
	1988	8	9	12	30	14	18	9	4.22	1.68	2514
Female	1986	9	13	20	24	13	15	6	3.89	1.67	304
	1987	10	12	12	31	13	15	7	3.97	1.71	243
	1988	9	15	16	23	13	21	4	3.95	1.69	366
<u>Rank</u>											
Officer	1986	7	12	12	22	16	22	10	4.37	1.74	295
	1987	9	13	10	26	14	17	11	4.17	1.79	279
	1988	8	7	13	26	15	22	9	4.39	1.68	426
Enlisted	1986	8	10	15	26	15	17	9	4.16	1.70	2533
	1987	7	10	11	29	13	19	12	4.33	1.72	1766
	1988	8	10	12	29	13	18	8	4.16	1.69	2438
<u>Age</u>											
< 20 yrs	1986	3	10	18	16	17	26	10	4.52	1.64	122
	1987	.	8	7	35	12	21	17	4.83	1.49	67
	1988	5	8	11	31	19	18	8	4.38	1.54	124
20-24	1986	7	12	18	26	14	14	8	4.03	1.66	1000
	1987	8	11	12	29	15	16	8	4.14	1.69	467
	1988	10	12	15	30	12	17	5	3.94	1.66	684
25-29	1986	8	11	12	26	16	18	9	4.19	1.71	702
	1987	8	10	12	27	14	19	9	4.24	1.71	523
	1988	7	11	11	30	14	20	7	4.21	1.65	747
30-34	1986	8	11	13	28	13	18	9	4.15	1.72	455
	1987	8	9	9	35	14	14	12	4.27	1.70	400
	1988	8	8	12	29	16	19	7	4.23	1.65	554
35+	1986	9	7	12	22	17	22	12	4.43	1.77	546
	1987	7	10	10	25	9	23	16	4.52	1.82	548
	1988	8	8	11	26	12	21	14	4.45	1.79	737
<u>Time in Service</u>											
< 3 yrs.	1986	5	12	19	25	15	15	9	4.14	1.65	607
	1987	8	8	11	28	15	18	11	4.33	1.72	191
	1988	7	12	15	29	14	16	6	4.06	1.62	433
3-10	1986	8	11	15	25	16	17	8	4.12	1.70	1202
	1987	8	11	13	30	13	16	9	4.13	1.69	950
	1988	9	11	12	30	13	19	7	4.12	1.67	1180
11-20	1986	10	9	11	27	13	21	10	4.26	1.77	600
	1987	6	9	8	30	13	20	14	4.52	1.71	652
	1988	9	8	12	30	13	19	9	4.21	1.70	875
> 20	1986	6	6	13	22	18	25	10	4.53	1.65	131
	1987	9	9	10	20	8	20	24	4.66	1.98	142
	1988	7	8	7	19	13	22	24	4.82	1.88	198
<u>Community</u>											
Land	1986	6	7	12	27	15	20	12	4.48	1.68	1527
	1987	6	7	9	31	13	19	15	4.53	1.70	1154
	1988	6	7	10	30	16	22	10	4.46	1.63	1463
Surface	1986	10	15	18	23	15	14	6	3.83	1.68	1051
	1987	9	15	12	25	14	17	8	4.02	1.74	501
	1988	10	15	17	29	12	12	5	3.71	1.63	715
Sub	1986	7	14	22	24	15	15	3	3.82	1.56	131
	1987	7	14	24	25	12	15	3	3.80	1.55	120
	1988	11	17	19	27	14	11	1	3.54	1.53	106
Air	1986	12	11	12	26	15	15	9	4.03	1.80	121
	1987	10	14	8	30	15	15	8	4.03	1.75	136
	1988	15	7	12	29	10	18	9	4.03	1.84	111

MISCELLANEOUS COMMAND-RELATED ITEMS

8. Do you think the physical fitness and weight standards are applied equally across the ranks?

		%									
	<u>Yr.</u>	1 Absolutely not	2 Generally not	3 Often not	4 Mixed about 50/50	5 Sometimes are	6 Generally are	7 Always are	<u>Mean</u>	<u>SD</u>	<u>N</u>
<u>Overall</u>	1986	22	13	16	14	9	19	6	3.59	1.99	3008
	1987	19	12	15	16	10	21	8	3.79	1.99	2145
	1988	18	12	14	18	11	21	7	3.84	1.94	3049
<u>Sex</u>											
Male	1986	22	13	16	13	10	20	7	3.61	2.00	2682
	1987	19	13	14	15	9	22	8	3.80	2.00	1878
	1988	18	11	13	18	11	21	7	3.86	1.94	2660
Female	1986	24	15	16	17	6	19	4	3.38	1.92	326
	1987	21	9	16	19	14	15	6	3.66	1.89	258
	1988	18	13	17	15	11	20	5	3.70	1.91	384
<u>Rank</u>											
Officer	1986	15	14	14	10	8	30	9	4.09	2.03	348
	1987	14	11	13	10	9	34	9	4.28	2.00	308
	1988	10	10	14	13	10	29	13	4.42	1.94	438
Enlisted	1986	23	13	16	14	9	18	6	3.53	1.98	2658
	1987	20	12	15	16	10	20	8	3.73	1.98	1826
	1988	19	12	13	19	11	20	6	3.76	1.93	2540
<u>Age</u>											
< 20 yrs	1986	12	11	19	21	11	22	5	3.93	1.77	122
	1987	3	2	8	23	15	37	12	5.04	1.44	67
	1988	16	7	9	21	21	23	4	4.10	1.81	126
20-24	1986	26	13	16	16	9	16	4	3.35	1.93	1018
	1987	19	15	15	18	13	16	4	3.55	1.86	472
	1988	17	12	14	22	11	19	4	3.72	1.83	694
25-29	1986	20	13	17	14	9	21	7	3.69	1.97	760
	1987	20	10	15	17	7	24	7	3.82	1.98	543
	1988	17	13	15	17	11	21	6	3.77	1.91	796
30-34	1986	21	15	17	12	10	17	8	3.57	1.99	493
	1987	22	11	15	14	11	19	8	3.71	2.02	427
	1988	20	12	12	15	12	23	6	3.79	2.00	597
35+	1986	21	13	14	9	9	26	9	3.85	2.11	609
	1987	19	15	15	10	8	22	11	3.81	2.09	579
	1988	18	11	13	15	9	21	13	4.02	2.06	796
<u>Time in Service</u>											
< 3 yrs.	1986	19	12	17	19	11	18	5	3.65	1.87	610
	1987	12	7	10	21	19	23	8	4.30	1.81	192
	1988	12	9	14	24	13	22	5	4.04	1.76	440
3-10	1986	24	14	16	14	9	19	5	3.49	1.98	1281
	1987	19	13	16	17	9	21	6	3.68	1.93	988
	1988	19	14	15	17	10	20	5	3.64	1.92	1244
11-20	1986	22	14	14	11	9	22	8	3.71	2.07	666
	1987	21	13	15	13	10	20	8	3.70	2.03	689
	1988	19	10	14	15	11	21	9	3.89	2.00	936
> 20	1986	19	14	13	8	9	26	12	3.97	2.14	145
	1987	18	15	14	4	4	25	19	4.15	2.27	152
	1988	17	12	10	14	7	20	20	4.23	2.18	218
<u>Community</u>											
Land	1986	20	12	15	14	9	22	8	3.74	2.02	1684
	1987	18	11	13	16	10	22	10	3.94	2.00	1222
	1988	18	12	13	15	12	22	8	3.91	1.98	1591
Surface	1986	25	14	17	14	9	16	4	3.31	1.91	1054
	1987	24	14	18	15	8	17	4	3.38	1.92	503
	1988	19	11	17	24	9	15	5	3.57	1.81	716
Sub	1986	23	23	14	11	10	15	5	3.24	1.92	131
	1987	17	17	13	15	13	23	4	3.71	1.91	123
	1988	22	21	9	20	9	16	3	3.36	1.87	107
Air	1986	14	12	13	9	16	26	10	4.19	1.98	139
	1987	18	11	14	12	10	27	8	3.98	2.03	145
	1988	13	9	7	17	12	29	12	4.38	1.97	119

MISCELLANEOUS COMMAND-RELATED ITEMS

9. Do you think your command has enough physical fitness programs and activities?

		1	2	3	4	5	6	7	Mean	SD	N
	Yr.	Absolutely not enough	Generally not enough	Often/ not enough	Mixed about 50/50	Sometimes enough	Generally enough	Always enough			
<u>Overall</u>	1986	12	13	13	18	11	23	9	4.09	1.89	3012
	1987	8	8	12	21	12	27	11	4.48	1.79	2141
	1988	8	8	12	21	11	29	11	4.52	1.77	3046
<u>Sex</u>											
Male	1986	11	12	13	18	12	24	9	4.17	1.87	2683
	1987	8	8	12	21	13	28	12	4.54	1.77	1874
	1988	7	8	11	21	11	30	12	4.57	1.77	2658
Female	1986	23	16	12	19	9	16	5	3.44	1.92	329
	1987	14	11	14	24	9	24	5	3.94	1.82	258
	1988	8	10	17	23	10	24	8	4.20	1.75	383
<u>Rank</u>											
Officer	1986	10	17	11	14	11	27	9	4.16	1.92	349
	1987	8	13	13	17	8	35	6	4.33	1.81	307
	1988	6	9	13	15	10	36	12	4.66	1.79	486
Enlisted	1986	12	12	14	19	11	23	9	4.08	1.88	2661
	1987	8	8	12	21	13	26	12	4.50	1.79	1823
	1988	8	8	11	22	11	28	11	4.51	1.77	2539
<u>Age</u>											
< 20 yrs	1986	9	9	7	23	13	32	8	4.49	1.77	121
	1987	6	.	6	16	16	38	18	5.21	1.58	67
	1988	7	6	9	32	14	22	10	4.46	1.63	125
20-24	1986	13	14	15	19	12	19	6	3.84	1.83	1018
	1987	11	8	16	22	14	21	8	4.16	1.77	471
	1988	9	9	13	21	14	26	8	4.34	1.77	695
25-29	1986	13	11	14	17	10	25	9	4.13	1.92	765
	1987	9	10	13	20	11	26	11	4.27	1.82	543
	1988	7	7	13	23	10	28	11	4.51	1.75	796
30-34	1986	12	13	13	18	11	21	11	4.11	1.92	493
	1987	9	10	12	24	10	25	10	4.33	1.80	424
	1988	8	10	10	17	10	33	11	4.56	1.83	595
35+	1986	9	13	10	16	12	27	12	4.41	1.89	609
	1987	5	7	8	20	12	34	16	4.91	1.68	579
	1988	6	8	9	21	8	34	15	4.77	1.77	795
<u>Time in Service</u>											
< 3 yrs.	1986	10	13	16	20	12	23	6	4.02	1.78	611
	1987	10	5	14	20	14	28	9	4.45	1.78	191
	1988	6	7	11	24	17	27	8	4.51	1.63	439
3-10	1986	13	13	14	18	11	23	8	4.01	1.90	1283
	1987	10	8	14	22	12	26	9	4.30	1.79	987
	1988	9	9	13	21	11	27	11	4.40	1.81	1241
11-20	1986	10	13	11	17	12	25	11	4.29	1.91	666
	1987	5	9	9	21	14	29	14	4.72	1.69	687
	1988	7	9	11	20	10	32	11	4.59	1.78	937
> 20	1986	8	14	6	21	10	25	17	4.55	1.92	145
	1987	6	8	8	16	7	32	23	5.00	1.84	152
	1988	5	6	7	14	7	38	23	5.16	1.76	219
<u>Community</u>											
Land	1986	12	12	11	17	10	26	13	4.31	1.96	1689
	1987	8	7	10	19	12	31	14	4.69	1.80	1219
	1988	7	8	11	20	10	32	14	4.68	1.77	1591
Surface	1986	13	14	17	22	13	18	4	3.76	1.74	1053
	1987	11	9	14	26	13	20	7	4.09	1.73	504
	1988	10	9	14	25	12	24	6	4.16	1.72	715
Sub	1986	11	25	15	18	10	18	2	3.52	1.74	132
	1987	7	13	20	19	17	19	5	4.03	1.66	122
	1988	17	16	5	23	17	21	1	3.76	1.82	107
Air	1986	9	6	12	16	20	29	8	4.49	1.75	138
	1987	10	8	18	25	9	23	7	4.11	1.74	144
	1988	6	14	10	20	16	26	9	4.38	1.76	118

MISCELLANEOUS COMMAND-RELATED ITEMS

10. Do you think your command has effective weight control programs?

		1	2	3	4	5	6	7	Mean	SD	N
	Yr.	Absolutely not effective	Generally not effective	Often not effective	Mixed about 50/50	Sometimes are effective	Generally are effective	Always are effective			
<u>Overall</u>	1986	12	13	16	22	13	19	4	3.85	1.75	2994
	1987	8	10	13	23	16	22	7	4.26	1.70	2135
	1988	8	10	13	26	14	23	6	4.19	1.68	3037
<u>Sex</u>											
Male	1986	11	13	16	22	14	20	4	3.91	1.73	2670
	1987	8	10	13	23	16	23	8	4.31	1.70	1872
	1988	8	10	12	26	14	24	6	4.23	1.69	2652
Female	1986	21	16	15	22	9	12	4	3.33	1.79	324
	1987	12	16	10	27	14	16	4	3.81	1.72	254
	1988	10	13	17	23	16	19	1	3.86	1.61	380
<u>Rank</u>											
Officer	1986	9	14	17	21	12	23	4	3.97	1.70	346
	1987	6	11	15	20	19	24	4	4.25	1.63	306
	1988	5	11	14	18	18	29	6	4.41	1.65	482
Enlisted	1986	13	13	16	22	13	19	4	3.84	1.75	2646
	1987	8	10	13	24	16	22	8	4.26	1.71	1818
	1988	9	10	13	26	14	23	6	4.16	1.69	2534
<u>Age</u>											
< 20 yrs	1986	8	4	12	26	18	28	4	4.41	1.58	119
	1987	2	5	5	28	17	28	16	5.04	1.45	67
	1988	6	8	7	41	14	22	3	4.26	1.46	126
20-24	1986	15	14	18	24	13	14	2	3.56	1.68	1013
	1987	12	11	15	26	18	15	3	3.84	1.63	472
	1988	12	11	14	26	15	19	3	3.91	1.69	693
25-29	1986	11	14	18	22	12	19	4	3.84	1.73	755
	1987	8	11	11	25	15	23	7	4.23	1.72	941
	1988	7	11	14	26	14	22	6	4.16	1.66	793
30-34	1986	10	16	15	20	11	21	7	3.95	1.81	494
	1987	6	13	15	21	16	20	8	4.22	1.69	421
	1988	8	14	13	23	13	25	5	4.14	1.71	593
35+	1986	10	12	13	18	16	26	6	4.20	1.79	607
	1987	6	8	12	20	16	28	11	4.60	1.70	578
	1988	6	7	10	22	14	31	9	4.61	1.67	792
<u>Time in Service</u>											
< 3 yrs.	1986	12	10	17	27	15	15	3	3.82	1.64	606
	1987	11	8	12	25	16	21	7	4.18	1.75	191
	1988	8	12	13	28	16	21	3	4.07	1.58	439
3-10	1986	13	15	17	21	12	18	3	3.72	1.73	1271
	1987	8	12	13	26	16	19	5	4.08	1.64	981
	1988	11	12	14	24	15	20	5	4.01	1.72	1239
11-20	1986	10	13	15	20	13	25	5	4.07	1.78	666
	1987	6	9	11	21	16	26	10	4.53	1.70	687
	1988	6	10	11	26	13	27	6	4.37	1.65	933
> 20	1986	8	9	13	15	15	30	9	4.45	1.80	144
	1987	8	10	12	13	13	27	15	4.57	1.89	152
	1988	4	8	10	16	15	33	14	4.83	1.69	217
<u>Community</u>											
Land	1986	11	12	14	22	13	22	6	4.05	1.78	1677
	1987	7	9	10	23	16	25	10	4.45	1.71	1214
	1988	6	10	12	26	14	25	6	4.33	1.64	1580
Surface	1986	15	15	20	22	12	14	2	3.49	1.65	1047
	1987	11	13	17	24	18	13	4	3.80	1.66	500
	1988	13	12	15	27	14	16	3	3.78	1.67	717
Sub	1986	12	22	16	17	17	15	1	3.54	1.66	131
	1987	7	12	19	23	19	20	0	3.96	1.52	123
	1988	21	11	10	24	16	18	.	3.58	1.78	107
Air	1986	7	6	13	21	19	30	4	4.49	1.59	139
	1987	8	8	12	27	17	24	5	4.28	1.62	146
	1988	9	9	10	21	20	27	4	4.32	1.68	117

MISCELLANEOUS COMMAND-RELATED ITEMS

11. Does command policy provide time during the work day to exercise?

	<u>Yr.</u>	<u>%</u>		<u>N</u>
		0 NO	1 YES	
<u>Overall</u>	1986	.	.	.
	1987	43	57	2127
	1988	43	57	3022
<u>Sex</u>				
Male	1986	.	.	.
	1987	42	58	1862
	1988	43	57	2633
Female	1986	.	.	.
	1987	47	53	256
	1988	44	56	384
<u>Rank</u>				
Officer	1986	.	.	.
	1987	45	55	308
	1988	38	62	487
Enlisted	1986	.	.	.
	1987	42	58	1809
	1988	44	56	2514
<u>Age</u>				
< 20 yrs.	1986	.	.	.
	1987	14	86	67
	1988	49	51	124
20-24	1986	.	.	.
	1987	48	52	470
	1988	50	50	683
25-29	1986	.	.	.
	1987	46	54	537
	1988	41	59	793
30-34	1986	.	.	.
	1987	46	54	422
	1988	43	57	592
35+	1986	.	.	.
	1987	35	65	575
	1988	34	66	790
<u>Time in Service</u>				
< 3 yrs.	1986	.	.	.
	1987	35	65	190
	1988	50	50	435
3-10	1986	.	.	.
	1987	48	52	980
	1988	44	56	1235
11-20	1986	.	.	.
	1987	39	61	683
	1988	40	60	928
> 20	1986	.	.	.
	1987	36	64	151
	1988	25	75	219
<u>Community</u>				
Land	1986	.	.	.
	1987	36	64	1213
	1988	36	64	1579
Surface	1986	.	.	.
	1987	55	45	498
	1988	57	43	708
Sub	1986	.	.	.
	1987	47	53	122
	1988	56	44	106
Air	1986	.	.	.
	1987	57	43	144
	1988	45	55	117

MISCELLANEOUS COMMAND-RELATED ITEMS

12. Does your command provide incentives/benefits to those who score outstanding on the physical fitness test?

	Yr.	%		N
		0 NO	1 YES	
<u>Overall</u>	1986	.	.	.
	1987	76	24	2073
	1988	68	32	2962
<u>Sex</u>				
Male	1986	.	.	.
	1987	76	24	1818
	1988	68	32	2580
Female	1986	.	.	.
	1987	77	23	247
	1988	68	32	377
<u>Rank</u>				
Officer	1986	.	.	.
	1987	73	27	303
	1988	64	36	460
Enlisted	1986	.	.	.
	1987	76	24	1761
	1988	68	32	2463
<u>Age</u>				
< 20 yrs.	1986	.	.	.
	1987	69	31	60
	1988	83	17	117
20-24	1986	.	.	.
	1987	79	21	466
	1988	74	26	681
25-29	1986	.	.	.
	1987	78	22	527
	1988	67	33	771
30-34	1986	.	.	.
	1987	76	24	415
	1988	66	34	584
35+	1986	.	.	.
	1987	71	29	555
	1988	58	42	770
<u>Time in Service</u>				
< 3 yrs.	1986	.	.	.
	1987	75	25	185
	1988	81	19	425
3-10	1986	.	.	.
	1987	78	22	962
	1988	68	32	1216
11-20	1986	.	.	.
	1987	74	26	667
	1988	62	38	914
> 20	1986	.	.	.
	1987	69	31	144
	1988	57	43	209
<u>Community</u>				
Land	1986	.	.	.
	1987	72	28	1171
	1988	59	41	1544
Surface	1986	.	.	.
	1987	85	15	493
	1988	82	18	696
Sub	1986	.	.	.
	1987	69	31	123
	1988	69	31	107
Air	1986	.	.	.
	1987	79	21	138
	1988	74	26	116

MISCELLANEOUS COMMAND-RELATED ITEMS

12. Does your command provide incentives/benefits to those who score outstanding on the physical fitness test?

If yes, specify....

<u>Incentive</u>	<u>N</u>
<u>I. Awards/Public Recognition</u>	
awards (in general)	45
certificates	40
plaques, trophies	25
recognition	22
names posted in POD	14
t-shirts	13
ironman awards	6
miscellaneous rewards	6
awards ceremony	5
bravo zulu	4
medals	2
picture	2
cups, mugs	2
base paper coverage	1
TOTAL	187
<u>II. Liberty</u>	
special liberty	72
96 hour liberty	34
24 hour liberty	31
72 hour liberty	24
48 hour liberty	6
half day off	4
TOTAL	171
<u>III. Letters</u>	
letters of commendation	30
letters (in general)	29
letters of recognition	23
letters of appreciation	19
TOTAL	101
<u>IV. Good evaluations</u>	29
<u>V. Less frequent PT testing</u>	22
<u>VI. Miscellaneous</u>	9

PERCEPTIONS OF LIFE QUALITY

PERCEPTIONS OF LIFE QUALITY

- o In general, life quality ratings were positive, with the highest ratings given for one's life as a whole, one's spouse/partner, and one's self. The lowest ratings, though still favorable, were given for life being "what you wanted it to be," one's job, and one's coworkers.
- o On the whole, perceived social support was higher than perceived social conflict.
- o Individuals who had been in the Navy longer reported higher life quality on all items than those who had been in the Navy fewer years.
- o Officers rated their life quality higher than enlisted personnel on all items except two (where there was no difference): ratings of their spouse/partners and of their romantic lives.
- o Men gave higher life quality ratings than women regarding their romantic lives, the way they handle problems, their appearance, how they feel about themselves, and their lives as a whole.
- o Officers and women tended to perceive more social support than did enlisted personnel and men (e.g., being able to count on someone to provide useful advice, encouragement, and respect).
- o Officers and those who had been in the Navy longest tended to report less social conflict (e.g., feeling misunderstood or annoyed).
- o Older people reported being less likely than younger people to try to ignore or hold in anger.
- o Individuals with less than 3 years or more than 20 years in the Navy perceived somewhat less job stress than those with 3-20 years of service.
- o Overall, the air and shore communities consistently reported more positive feelings

about their lives than did the surface and submarine communities.

- o Submariners were the group most likely to perceive their job as stressful, both absolutely and relative to other Navy jobs. Job stress ratings were lowest among the shore-based community.
- o Surface ship personnel were the most likely to feel misunderstood, victimized, and irritated by other people. They were also the most inclined to let others know when they were angry.
- o Among the T1-T2-T3 Cohort, there were several small but statistically significant time effects indicating a very slight decrease in perceived social support and quality of life as a whole from 1986 to 1988.

PERCEPTIONS OF LIFE QUALITY

1. How do you feel about your own personal life?

	Yr.	%							Mean	SD	N
		1 Terrible	2 Unhappy	3 Mostly Dissatisfied	4 Mixed	5 Mostly Satisfied	6 Pleased	7 Delighted			
Overall	1986	0	2	3	15	27	38	14	5.38	1.15	3007
	1987	1	3	2	16	25	38	16	5.39	1.21	2130
	1988	1	2	3	17	25	40	13	5.36	1.15	3050
Sex											
Male	1986	0	2	3	15	27	39	14	5.37	1.15	2679
	1987	1	2	2	15	25	39	16	5.40	1.20	1862
	1988	1	1	3	17	25	41	13	5.37	1.13	2658
Female	1986	0	2	2	16	27	36	17	5.45	1.14	328
	1987	.	4	3	19	25	34	15	5.25	1.26	259
	1988	1	3	4	15	27	34	15	5.29	1.25	387
Rank											
Officer	1986	.	1	3	9	31	39	16	5.51	1.05	346
	1987	.	1	2	12	25	43	18	5.62	1.02	311
	1988	0	0	1	8	21	50	19	5.76	.94	488
Enlisted	1986	1	2	3	16	26	38	14	5.37	1.16	2659
	1987	1	3	2	16	25	38	15	5.36	1.23	1808
	1988	1	2	4	18	26	39	12	5.31	1.16	2541
Age											
< 20 yrs	1986	2	1	4	11	27	36	18	5.41	1.29	120
	1987	3	3	.	19	34	27	14	5.15	1.33	67
	1988	3	1	6	19	26	30	15	5.16	1.37	124
20-24	1986	1	3	4	17	25	38	13	5.28	1.22	1015
	1987	1	2	2	19	24	35	16	5.35	1.23	469
	1988	0	2	4	23	25	35	11	5.19	1.18	696
25-29	1986	1	2	3	16	27	39	13	5.36	1.15	761
	1987	2	3	2	16	23	39	15	5.36	1.27	541
	1988	0	1	3	15	26	40	14	5.40	1.13	798
30-34	1986	.	1	3	15	29	38	15	5.46	1.05	498
	1987	.	4	2	18	24	37	14	5.29	1.22	424
	1988	1	1	3	14	29	38	14	5.39	1.14	595
35+	1986	.	1	2	12	28	40	16	5.53	1.03	607
	1987	0	1	2	10	26	42	18	5.57	1.08	573
	1988	0	1	2	12	21	49	15	5.58	1.04	797
Time in Service											
< 3 yrs.	1986	1	2	3	18	26	37	13	5.28	1.22	612
	1987	2	2	2	24	23	32	15	5.20	1.31	194
	1988	1	2	6	22	25	32	12	5.13	1.24	441
3-10	1986	0	2	4	16	26	39	13	5.35	1.16	1279
	1987	1	3	2	17	25	37	15	5.32	1.26	981
	1988	0	2	3	17	26	39	13	5.37	1.12	1247
11-20	1986	.	1	2	14	28	41	14	5.48	1.03	665
	1987	0	2	2	13	23	44	15	5.48	1.14	687
	1988	1	1	3	13	26	42	14	5.45	1.11	937
> 20	1986	.	1	3	12	25	38	21	5.60	1.10	146
	1987	.	1	1	7	27	45	20	5.75	.92	148
	1988	.	2	.	8	19	52	17	5.71	1.01	218
Community											
Land	1986	0	1	2	14	29	38	15	5.46	1.08	1691
	1987	1	2	2	15	26	38	16	5.43	1.15	1216
	1988	1	1	3	16	24	41	15	5.43	1.14	1591
Surface	1986	1	3	3	18	24	38	13	5.29	1.23	1046
	1987	2	3	2	18	20	40	15	5.30	1.33	498
	1988	0	2	5	20	25	37	11	5.24	1.17	716
Sub	1986	1	2	10	17	23	40	6	5.03	1.27	132
	1987	0	3	2	19	29	35	11	5.23	1.18	122
	1988	0	4	5	17	36	29	8	5.03	1.19	107
Air	1986	.	.	7	10	27	36	20	5.50	1.13	138
	1987	.	3	4	12	27	41	14	5.40	1.16	144
	1988	.	1	2	13	20	48	16	5.59	1.06	119

PERCEPTIONS OF LIFE QUALITY

2. How do you feel about your wife/husband (or girlfriend/boyfriend)?

	Yr.	1							Mean	SD	N
		Terrible	Unhappy	Mostly Dissatisfied	Mixed	Mostly Satisfied	Pleased	Delighted			
Overall	1986	2	3	4	14	13	28	36	5.60	1.51	2840
	1987	2	3	4	13	11	27	39	5.66	1.52	2062
	1988	2	4	4	14	12	25	38	5.59	1.56	2950
<u>Sex</u>											
Male	1986	2	3	4	14	13	29	36	5.60	1.52	2540
	1987	2	3	4	13	11	27	40	5.68	1.51	1817
	1988	2	4	4	14	12	25	38	5.60	1.55	2585
Female	1986	2	3	4	15	13	28	36	5.60	1.51	300
	1987	1	4	6	18	13	22	36	5.47	1.56	236
	1988	2	7	4	14	12	23	38	5.48	1.66	360
<u>Rank</u>											
Officer	1986	2	4	4	9	16	28	37	5.63	1.53	329
	1987	1	3	3	12	13	29	39	5.76	1.41	301
	1988	0	3	2	9	13	28	44	5.93	1.31	471
Enlisted	1986	2	3	4	14	13	29	36	5.60	1.51	2510
	1987	2	3	4	13	11	26	39	5.65	1.53	1750
	1988	2	4	4	15	12	25	38	5.55	1.59	2459
<u>Age</u>											
< 20 yrs	1986	5	2	6	15	13	25	34	5.37	1.71	110
	1987	3	3	3	19	11	23	37	5.51	1.62	64
	1988	6	3	4	19	12	22	34	5.29	1.75	122
20-24	1986	3	3	4	18	11	25	36	5.49	1.61	936
	1987	2	5	4	18	10	26	36	5.50	1.59	445
	1988	3	6	5	18	11	19	38	5.34	1.74	664
25-29	1986	2	3	4	14	13	28	35	5.59	1.51	723
	1987	2	4	4	11	12	29	39	5.68	1.53	525
	1988	2	3	4	12	12	27	39	5.68	1.51	769
30-34	1986	2	2	2	11	14	34	35	5.75	1.35	479
	1987	2	3	4	13	13	25	39	5.64	1.53	417
	1988	1	4	3	16	11	27	38	5.62	1.80	578
35+	1986	1	3	4	8	15	33	36	5.76	1.38	587
	1987	1	2	4	10	12	27	45	5.90	1.36	556
	1988	0	3	4	8	14	31	40	5.84	1.33	780
<u>Time in Service</u>											
< 3 yrs.	1986	4	3	4	18	13	25	33	5.39	1.63	568
	1987	2	7	6	20	11	22	33	5.27	1.69	184
	1988	4	6	5	20	11	19	35	5.26	1.76	423
3-10	1986	3	3	3	15	12	28	36	5.57	1.54	1197
	1987	2	3	3	15	12	27	37	5.60	1.52	943
	1988	2	4	4	14	12	24	39	5.58	1.58	1195
11-20	1986	2	2	3	10	14	33	37	5.80	1.34	644
	1987	2	3	5	9	12	27	43	5.78	1.49	674
	1988	1	4	4	11	13	28	39	5.70	1.46	919
> 20	1986	1	5	5	8	19	24	38	5.63	1.49	143
	1987	.	1	1	7	12	30	49	6.16	1.05	142
	1988	.	2	2	6	13	34	42	6.01	1.16	215
<u>Community</u>											
Land	1986	3	3	3	13	14	31	34	5.61	1.49	1613
	1987	1	3	4	13	12	29	38	5.70	1.45	1181
	1988	2	4	3	14	12	26	38	5.61	1.54	1546
Surface	1986	3	3	4	16	12	25	38	5.59	1.56	974
	1987	4	3	4	14	11	22	42	5.60	1.65	480
	1988	3	6	4	15	11	21	41	5.52	1.68	685
Sub	1986	2	3	8	17	11	24	36	5.49	1.57	120
	1987	3	6	2	18	10	28	33	5.43	1.64	116
	1988	2	10	5	15	20	22	26	5.14	1.67	102
Air	1986	.	6	4	9	13	33	36	5.71	1.42	133
	1987	1	5	5	13	10	28	38	5.63	1.52	138
	1988	.	3	2	11	13	29	43	5.90	1.29	114

PERCEPTIONS OF LIFE QUALITY

3. How do you feel about your romantic life?

	<u>Yr.</u>	<u>1</u>							<u>Mean</u>	<u>SD</u>	<u>N</u>
		1 Terrible	2 Unhappy	3 Mostly Dissatisfied	4 Mixed	5 Mostly Satisfied	6 Pleased	7 Delighted			
<u>Overall</u>	1986	3	4	7	14	18	30	24	5.25	1.58	2979
	1987	3	4	8	12	17	27	28	5.30	1.64	2115
	1988	4	4	8	14	17	27	27	5.26	1.64	3019
<u>Sex</u>											
Male	1986	3	4	7	14	18	30	24	5.24	1.58	2657
	1987	3	4	7	12	17	27	29	5.35	1.60	1852
	1988	3	4	8	13	17	28	27	5.27	1.62	2636
Female	1986	3	5	4	17	16	29	26	5.29	1.59	322
	1987	6	7	12	14	11	25	25	4.90	1.86	254
	1988	5	5	7	16	14	23	31	5.19	1.76	378
<u>Rank</u>											
Officer	1986	3	4	6	13	22	31	22	5.26	1.51	344
	1987	1	5	9	14	17	30	24	5.27	1.53	311
	1988	1	3	7	13	18	28	30	5.49	1.44	483
Enlisted	1986	3	4	7	15	17	29	24	5.24	1.59	2634
	1987	4	4	8	12	17	27	29	5.30	1.65	1793
	1988	4	4	8	14	16	27	27	5.24	1.66	2516
<u>Age</u>											
< 20 yrs	1986	4	3	9	16	19	26	22	5.12	1.60	119
	1987	6	3	6	22	13	14	36	5.19	1.82	67
	1988	6	7	8	16	9	29	26	5.04	1.85	124
20-24	1986	4	5	8	15	15	28	23	5.17	1.67	998
	1987	3	7	11	14	15	24	27	5.10	1.73	464
	1988	5	5	9	15	15	23	28	5.10	1.78	686
25-29	1986	4	5	5	15	19	29	23	5.19	1.61	759
	1987	4	3	9	10	17	29	28	5.32	1.64	540
	1988	3	4	7	13	17	27	30	5.37	1.58	792
30-34	1986	2	3	5	14	22	31	23	5.36	1.43	494
	1987	4	5	4	13	19	27	27	5.30	1.63	423
	1988	5	3	8	15	18	29	23	5.17	1.63	590
35+	1986	2	3	7	13	18	34	24	5.41	1.45	603
	1987	2	2	7	11	18	30	30	5.52	1.45	565
	1988	1	3	7	11	20	31	27	5.48	1.41	787
<u>Time in Service</u>											
< 3 yrs.	1986	3	5	8	17	19	25	23	5.10	1.62	606
	1987	7	8	9	17	16	18	25	4.79	1.88	194
	1988	6	7	9	13	12	25	28	5.04	1.86	436
3-10	1986	4	5	6	14	17	30	24	5.23	1.63	1266
	1987	3	4	10	12	16	27	27	5.22	1.66	974
	1988	4	4	8	15	17	25	28	5.26	1.63	1234
11-20	1986	2	3	6	13	18	34	24	5.42	1.43	660
	1987	3	3	6	10	17	31	29	5.47	1.53	684
	1988	3	3	8	13	19	30	24	5.31	1.52	927
> 20	1986	3	1	8	17	18	30	23	5.30	1.48	145
	1987	.	1	4	11	19	34	31	5.74	1.20	146
	1988	2	3	3	8	24	29	30	5.59	1.38	217
<u>Community</u>											
Land	1986	2	4	6	16	19	31	23	5.30	1.48	1673
	1987	3	3	8	14	16	28	28	5.32	1.60	1207
	1988	4	3	7	15	16	28	27	5.28	1.62	1575
Surface	1986	4	5	7	13	17	27	27	5.20	1.69	1037
	1987	4	5	9	9	17	24	32	5.27	1.74	496
	1988	4	6	7	11	17	25	29	5.24	1.73	708
Sub	1986	7	3	15	16	10	31	17	4.83	1.78	131
	1987	3	4	11	13	20	30	20	5.12	1.57	121
	1988	6	3	7	24	26	12	21	4.80	1.68	106
Air	1986	3	6	5	9	20	31	27	5.38	1.57	138
	1987	1	9	6	12	17	27	29	5.30	1.64	143
	1988	5	3	7	11	15	33	26	5.33	1.63	119

PERCEPTIONS OF LIFE QUALITY

4. How do you feel about your job?

		Yr.	%							Mean	SD	N
			1	2	3	4	5	6	7			
			Terrible	Unhappy	Mostly Dissatisfied	Mixed	Mostly Satisfied	Pleased	Delighted			
Overall	1986		4	5	8	24	27	25	8	4.72	1.44	2994
	1987		4	5	8	23	25	27	8	4.75	1.47	2131
	1988		4	5	7	23	26	26	8	4.73	1.47	3042
Sex												
Male	1986		3	5	8	24	26	25	8	4.73	1.44	2666
	1987		4	5	7	22	26	28	9	4.79	1.47	1863
	1988		4	5	8	23	26	26	8	4.73	1.47	2652
Female	1986		4	6	10	22	29	22	7	4.60	1.45	328
	1987		3	10	12	27	20	22	6	4.45	1.48	259
	1988		5	4	6	24	27	26	8	4.73	1.47	385
Rank												
Officer	1986		1	3	3	19	28	31	15	5.24	1.26	346
	1987		2	2	4	19	24	36	14	5.24	1.29	311
	1988		0	1	5	15	29	33	16	5.35	1.19	487
Enlisted	1986		4	5	9	24	27	24	7	4.65	1.44	2646
	1987		4	5	8	23	25	27	8	4.69	1.49	1809
	1988		5	5	8	24	26	25	7	4.65	1.48	2534
Age												
< 20 yrs	1986		4	2	4	19	22	33	15	5.14	1.46	119
	1987		3	.	8	28	18	31	12	4.99	1.38	67
	1988		9	6	8	20	26	21	10	4.50	1.70	124
20-24	1986		6	8	10	28	25	19	5	4.34	1.50	1010
	1987		7	7	11	25	22	22	6	4.37	1.58	467
	1988		8	8	10	25	20	25	4	4.35	1.60	692
25-29	1986		3	5	10	24	27	25	6	4.64	1.41	759
	1987		4	6	8	21	28	26	8	4.69	1.49	542
	1988		3	4	8	28	27	23	8	4.73	1.37	794
30-34	1986		1	4	7	20	32	27	10	4.97	1.29	496
	1987		3	4	7	24	28	28	6	4.78	1.35	426
	1988		3	4	5	21	32	28	8	4.89	1.35	596
35+	1986		1	2	4	20	27	33	14	5.23	1.22	604
	1987		2	3	4	21	25	34	13	5.16	1.31	573
	1988		1	2	7	18	29	30	13	5.15	1.26	796
Time in Service												
< 3 yrs.	1986		4	5	11	24	24	24	6	4.55	1.48	606
	1987		7	3	6	26	20	28	10	4.74	1.59	194
	1988		7	9	11	23	20	22	8	4.38	1.65	440
3-10	1986		4	6	9	25	27	24	5	4.58	1.44	1277
	1987		5	7	10	24	26	23	5	4.50	1.31	982
	1988		5	4	8	25	27	24	6	4.62	1.45	1239
11-20	1986		1	2	7	20	30	28	11	5.03	1.29	663
	1987		2	4	6	20	27	33	9	5.01	1.31	687
	1988		2	3	5	22	32	28	9	4.97	1.29	938
> 20	1986		.	2	1	15	22	42	19	5.58	1.10	146
	1987		0	2	3	14	24	38	20	5.52	1.15	148
	1988		0	2	5	14	20	35	24	5.51	1.27	218
Community												
Land	1986		2	3	6	21	28	30	10	4.97	1.33	1683
	1987		3	4	8	21	24	30	11	4.91	1.44	1217
	1988		3	3	5	21	28	30	10	4.95	1.37	1586
Surface	1986		6	7	11	28	24	18	6	4.34	1.52	1041
	1987		7	8	7	25	25	23	6	4.44	1.58	499
	1988		7	7	11	26	22	20	6	4.28	1.61	713
Sub	1986		3	10	17	24	31	12	4	4.21	1.39	132
	1987		3	6	11	34	24	19	.	4.38	1.32	121
	1988		8	14	10	30	27	11	7	3.90	1.45	107
Air	1986		2	4	6	19	26	35	9	5.02	1.35	138
	1987		1	7	7	26	29	27	4	4.70	1.30	144
	1988		3	3	11	22	28	34	9	4.80	1.38	119

PERCEPTIONS OF LIFE QUALITY

5. How do you feel about the people you work with--your coworkers?

	Yr.	%							Mean	SD	N
		1 Terrible	2 Unhappy	3 Mostly Dissatisfied	4 Mixed	5 Mostly Satisfied	6 Pleased	7 Delighted			
Overall	1986	1	1	6	24	30	30	7	4.99	1.20	3002
	1987	1	2	4	24	32	30	7	4.99	1.16	2130
	1988	1	1	5	24	30	30	7	5.01	1.16	3041
Sex											
Male	1986	1	1	6	24	30	30	7	5.00	1.20	2673
	1987	1	2	4	24	32	30	7	5.01	1.14	1862
	1988	1	2	5	25	30	30	7	5.00	1.16	2654
Female	1986	1	1	5	28	30	27	7	4.94	1.19	329
	1987	2	5	5	24	30	26	8	4.85	1.31	259
	1988	2	1	6	22	32	30	9	5.07	1.19	383
Rank											
Officer	1986	1	1	3	14	22	43	17	5.52	1.12	347
	1987	.	1	3	13	28	44	11	5.46	1.01	311
	1988	.	0	1	10	31	44	14	5.58	.91	486
Enlisted	1986	2	2	6	25	31	28	6	4.93	1.19	2653
	1987	1	2	5	25	33	28	6	4.94	1.17	1808
	1988	1	2	6	26	30	28	6	4.93	1.17	2536
Age											
< 20 yrs	1986	.	3	4	17	29	33	14	5.28	1.19	119
	1987	2	2	2	34	33	22	6	4.86	1.11	67
	1988	4	1	5	24	30	29	6	4.89	1.32	124
20-24	1986	3	2	6	29	31	24	5	4.76	1.24	1008
	1987	3	3	5	29	31	25	5	4.76	1.27	467
	1988	2	3	7	28	29	27	5	4.80	1.22	694
25-29	1986	1	1	7	23	30	32	5	4.56	1.17	762
	1987	0	3	5	24	33	28	7	4.97	1.15	542
	1988	0	1	6	27	31	26	8	4.98	1.13	796
30-34	1986	1	1	5	23	30	33	8	5.11	1.13	498
	1987	1	1	4	22	35	32	5	5.03	1.07	426
	1988	1	0	4	22	32	34	7	5.11	1.11	595
35+	1986	1	0	4	19	28	36	12	5.29	1.12	609
	1987	0	1	4	19	30	36	10	5.27	1.08	572
	1988	0	1	3	19	30	37	10	5.27	1.05	793
Time in Service											
< 3 yrs.	1986	2	2	6	25	31	26	6	4.86	1.22	606
	1987	1	2	3	29	34	27	4	4.88	1.11	194
	1988	1	3	6	26	27	29	7	4.91	1.24	441
3-10	1986	2	1	5	27	28	30	6	4.94	1.20	1278
	1987	1	3	5	25	34	27	5	4.87	1.20	982
	1988	1	1	7	26	32	26	6	4.89	1.18	1241
11-20	1986	1	1	5	21	31	32	9	5.13	1.13	666
	1987	0	1	4	21	32	33	8	5.13	1.08	687
	1988	0	1	4	22	33	35	7	5.16	1.03	935
> 20	1986	.	1	2	14	28	38	18	5.54	1.05	147
	1987	1	.	2	12	30	40	14	5.47	1.07	148
	1988	.	1	3	16	20	42	17	5.49	1.13	218
Community											
Land	1986	1	1	5	21	29	35	9	5.17	1.14	1688
	1987	1	2	4	22	31	32	8	5.09	1.17	1217
	1988	1	1	4	22	29	34	9	5.15	1.13	1588
Surface	1986	2	2	8	30	29	23	5	4.72	1.24	1043
	1987	1	2	6	30	32	24	4	4.79	1.14	498
	1988	2	3	7	33	29	22	5	4.71	1.21	713
Sub	1986	1	2	6	29	35	24	2	4.75	1.09	132
	1987	.	6	3	26	38	24	3	4.82	1.12	121
	1988	0	4	9	33	29	27	3	4.53	1.16	106
Air	1986	1	2	5	14	36	31	10	5.15	1.19	139
	1987	0	2	3	20	39	30	6	5.08	1.02	144
	1988	3	.	3	14	42	21	5	5.15	1.10	119

PERCEPTIONS OF LIFE QUALITY

6. How do you feel about the work you do on the job--the work itself?

		f							Mean	SD	N
Yr.		1 Terrible	2 Unhappy	3 Mostly Dissatisfied	4 Mixed	5 Mostly Satisfied	6 Pleased	7 Delighted			
Overall	1986	1	2	5	15	28	37	11	5.22	1.24	3003
	1987	2	2	4	17	26	36	13	5.21	1.29	2128
	1988	2	2	4	17	27	35	13	5.19	1.32	3039
<u>Sex</u>											
Male	1986	1	2	5	15	27	38	11	5.23	1.23	2673
	1987	2	2	4	17	26	36	13	5.24	1.29	1860
	1988	2	2	5	17	27	35	13	5.19	1.31	2650
Female	1986	3	3	4	16	31	34	10	5.11	1.30	330
	1987	1	2	8	21	27	32	9	5.02	1.25	259
	1988	2	4	2	17	26	36	12	5.19	1.31	384
<u>Rank</u>											
Officer	1986	0	1	4	10	27	43	16	5.54	1.06	345
	1987	1	2	4	13	22	39	19	5.47	1.25	311
	1988	.	1	4	8	23	45	19	5.66	1.05	487
Enlisted	1986	2	2	5	16	28	37	10	5.18	1.26	2656
	1987	2	2	4	17	26	36	12	5.19	1.29	1806
	1988	2	3	4	18	27	34	12	5.13	1.33	2532
<u>Age</u>											
< 20 yrs	1986	3	3	2	15	32	38	6	5.08	1.29	119
	1987	3	5	3	21	33	24	11	4.91	1.39	67
	1988	4	3	7	30	23	24	9	4.74	1.42	123
20-24	1986	2	3	6	18	28	34	9	5.04	1.32	1013
	1987	3	3	8	19	27	32	9	4.96	1.36	468
	1988	4	4	6	18	26	31	11	4.93	1.48	693
25-29	1986	2	3	4	14	29	37	11	5.22	1.26	761
	1987	2	3	3	18	27	36	12	5.19	1.28	540
	1988	1	2	4	15	28	37	12	5.26	1.23	794
30-34	1986	0	2	4	16	27	38	14	5.34	1.16	497
	1987	1	1	4	16	27	37	15	5.37	1.16	426
	1988	1	2	2	16	28	38	11	5.28	1.18	594
35+	1986	0	1	3	12	25	44	14	5.50	1.06	607
	1987	2	1	3	14	21	42	16	5.44	1.23	571
	1988	1	1	3	13	25	39	18	5.49	1.15	795
<u>Time in Service</u>											
< 3 yrs.	1986	3	4	5	16	31	33	9	5.02	1.35	609
	1987	3	2	4	24	31	27	9	4.95	1.31	194
	1988	4	4	5	22	27	29	10	4.88	1.43	440
3-10	1986	1	2	5	16	26	38	11	5.21	1.24	1280
	1987	2	3	5	17	27	35	10	5.11	1.31	981
	1988	2	2	5	16	28	35	11	5.15	1.32	1239
11-20	1986	0	1	5	14	28	39	13	5.35	1.15	664
	1987	2	1	3	16	23	39	16	5.38	1.26	685
	1988	1	2	2	14	27	40	14	5.40	1.17	937
> 20	1986	.	.	2	8	27	44	19	5.71	.93	146
	1987	0	.	4	7	25	45	19	5.67	1.02	148
	1988	0	1	3	12	22	37	25	5.64	1.16	218
<u>Community</u>											
Land	1986	1	2	4	14	26	41	12	5.35	1.17	1685
	1987	1	2	4	16	24	38	14	5.32	1.25	1217
	1988	2	2	3	14	25	38	15	5.34	1.28	1588
Surface	1986	2	3	7	17	30	31	9	5.01	1.32	1047
	1987	3	4	5	19	28	30	10	4.97	1.40	496
	1988	4	3	6	23	26	29	9	4.87	1.43	711
Sub	1986	1	2	3	18	36	31	9	5.12	1.17	132
	1987	1	3	8	20	37	25	6	4.88	1.21	121
	1988	2	4	5	27	37	25	1	4.71	1.14	107
Air	1986	2	3	3	12	23	45	12	5.31	1.32	139
	1987	0	0	5	16	21	44	14	5.44	1.10	144
	1988	0	0	4	15	28	39	14	5.41	1.08	119

PERCEPTIONS OF LIFE QUALITY

7. How do you feel about the way you handle problems that come up in your life?

Yr.		%							Mean	SD	N
		1	2	3	4	5	6	7			
		Terrible	Unhappy	Mostly Dissatisfied	Mixed	Mostly Satisfied	Pleased	Delighted			
Overall	1986	0	1	3	13	34	40	8	5.34	1.00	3006
	1987	1	1	3	13	34	40	8	5.33	1.03	2130
	1988	1	1	3	14	33	40	8	5.31	1.03	3044
Sex											
Male	1986	0	1	3	13	34	41	8	5.35	1.00	2676
	1987	1	1	2	12	34	41	8	5.36	1.01	1862
	1988	0	1	3	14	32	42	8	5.34	1.00	2654
Female	1986	1	1	2	16	37	36	7	5.24	1.03	330
	1987	1	.	7	18	34	34	6	5.10	1.11	259
	1988	2	1	4	18	37	30	8	5.09	1.18	385
Rank											
Officer	1986	.	1	1	9	36	45	9	5.50	.86	347
	1987	.	0	2	7	30	51	10	5.59	.87	311
	1988	.	.	2	7	27	52	12	5.65	.84	488
Enlisted	1986	0	1	3	14	34	40	8	5.32	1.01	2657
	1987	1	1	3	13	35	39	8	5.30	1.04	1808
	1988	1	1	3	15	34	39	7	5.26	1.04	2536
Age											
< 20 yrs	1986	.	.	6	15	30	37	12	5.33	1.07	119
	1987	2	2	3	17	32	34	11	5.22	1.19	67
	1988	1	2	6	23	28	31	9	5.05	1.22	124
20-24	1986	1	1	4	16	33	38	7	5.23	1.07	1014
	1987	0	1	3	16	35	38	6	5.22	1.01	468
	1988	1	1	5	16	36	36	6	5.14	1.08	693
25-29	1986	0	1	3	12	36	41	6	5.31	.97	761
	1987	1	1	3	13	36	36	9	5.24	1.12	542
	1988	0	0	3	15	32	41	9	5.36	.99	797
30-34	1986	0	0	1	12	33	42	10	5.47	.94	498
	1987	1	1	2	11	34	44	8	5.41	.97	425
	1988	1	1	2	14	33	41	8	5.34	1.06	596
35+	1986	.	1	2	9	36	43	10	5.49	.91	608
	1987	0	1	2	10	32	45	10	5.49	.94	572
	1988	0	0	1	10	32	47	8	5.51	.86	794
Time in Service											
< 3 yrs.	1986	1	0	4	17	32	38	8	5.24	1.06	610
	1987	1	1	5	21	32	35	6	5.10	1.09	194
	1988	1	2	5	19	36	32	6	5.06	1.11	441
3-10	1986	0	1	4	13	36	39	7	5.30	1.00	1279
	1987	1	1	3	13	37	37	7	5.23	1.08	982
	1988	0	1	3	14	33	40	8	5.33	1.00	1242
11-20	1986	.	1	1	11	36	43	8	5.44	.90	665
	1987	0	0	2	11	32	46	9	5.47	.92	687
	1988	1	0	2	12	34	43	9	5.41	.98	935
> 20	1986	.	.	5	7	32	41	15	5.55	.99	147
	1987	.	1	1	4	27	58	10	5.70	.79	147
	1988	.	0	2	8	24	51	13	5.64	.91	218
Community											
Land	1986	0	1	2	12	35	41	9	5.39	.97	1691
	1987	0	1	2	13	33	41	9	5.37	1.02	1216
	1988	1	1	3	13	31	42	10	5.36	1.06	1591
Surface	1986	1	1	4	16	34	37	8	5.24	1.05	1044
	1987	1	1	4	14	34	39	7	5.24	1.11	499
	1988	1	0	3	19	35	34	7	5.19	1.04	713
Sub	1986	.	.	4	13	30	42	4	5.37	.91	132
	1987	1	.	1	12	50	34	2	5.21	.83	121
	1988	.	.	7	20	36	34	3	5.08	.98	106
Air	1986	.	1	3	10	32	43	10	5.42	1.02	139
	1987	.	2	4	13	35	37	9	5.30	1.05	144
	1988	.	1	3	8	35	51	3	5.41	.84	119

PERCEPTIONS OF LIFE QUALITY

8. How do you feel about what you are accomplishing in your life?

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Terrible	Unhappy	Mostly Dissatisfied	Mixed	Mostly Satisfied	Pleased	Delighted			
Overall	1986	1	1	5	18	27	35	12	5.24	1.19	3001
	1987	1	2	4	17	29	35	12	5.23	1.21	2126
	1988	1	2	5	19	28	34	12	5.20	1.21	3040
Sex											
Male	1986	1	1	5	18	27	36	12	5.24	1.20	2672
	1987	1	2	4	16	29	35	13	5.26	1.22	1860
	1988	1	2	5	18	28	35	11	5.21	1.19	2650
Female	1986	0	1	5	18	31	34	11	5.24	1.12	329
	1987	.	3	7	24	28	30	7	4.97	1.19	257
	1988	2	1	6	23	24	30	15	5.15	1.30	385
Rank											
Officer	1986	.	1	2	10	25	43	19	5.64	1.02	347
	1987	.	1	4	8	26	44	17	5.60	1.02	310
	1988	.	0	2	7	29	44	18	5.66	.95	486
Enlisted	1986	1	2	6	19	27	35	11	5.19	1.20	2652
	1987	1	2	5	18	29	34	12	5.19	1.23	1805
	1988	1	2	5	20	28	33	11	5.14	1.22	2534
Age											
< 20 yrs	1986	2	.	5	11	21	36	24	5.53	1.33	119
	1987	3	.	2	12	21	35	28	5.62	1.33	66
	1988	3	4	3	22	21	29	17	5.10	1.48	124
20-24	1986	1	2	6	21	28	32	10	5.08	1.23	1011
	1987	1	3	6	21	31	29	10	5.01	1.27	462
	1988	1	3	6	23	25	31	11	5.05	1.29	693
25-29	1986	1	2	6	21	26	35	10	5.12	1.23	760
	1987	1	3	5	19	28	32	11	5.11	1.28	540
	1988	0	2	6	18	28	33	12	5.19	1.20	797
30-34	1986	.	1	5	14	27	39	14	5.40	1.09	497
	1987	0	1	4	16	31	37	10	5.29	1.09	424
	1988	1	1	5	18	31	33	11	5.20	1.17	594
35+	1986	.	0	3	13	30	40	15	5.49	1.01	608
	1987	0	1	3	13	25	41	16	5.50	1.11	573
	1988	0	1	3	13	30	42	11	5.42	1.01	792
Time in Service											
< 3 yrs.	1986	1	3	6	17	28	32	13	5.16	1.29	607
	1987	2	1	5	24	22	30	16	5.16	1.34	194
	1988	1	3	6	23	24	31	12	5.07	1.31	441
3-10	1986	1	2	6	21	25	35	10	5.14	1.21	1278
	1987	2	3	5	18	31	32	9	5.07	1.26	981
	1988	1	2	5	20	28	33	11	5.17	1.21	1242
11-20	1986	.	0	4	15	30	37	14	5.40	1.04	664
	1987	0	1	4	14	30	38	13	5.37	1.10	687
	1988	1	1	5	15	33	36	10	5.24	1.11	933
> 20	1986	.	1	2	8	31	37	21	5.65	1.01	147
	1987	.	1	1	7	21	51	20	5.80	.92	148
	1988	.	.	1	10	25	45	19	5.70	.94	217
Community											
Land	1986	0	1	4	16	27	38	14	5.38	1.11	1687
	1987	1	2	3	16	28	35	15	5.34	1.18	1214
	1988	1	2	5	18	26	36	14	5.28	1.20	1585
Surface	1986	1	2	7	20	28	3	10	5.03	1.27	1043
	1987	2	3	6	19	29	3	10	5.05	1.30	498
	1988	1	3	5	20	30		11	5.07	1.27	714
Sub	1986	2	.	11	25	24	33	6	4.90	1.25	132
	1987	2	1	10	20	39	24	3	4.77	1.17	121
	1988	0	6	7	27	37	18	3	4.64	1.17	107
Air	1986	1	0	5	15	26	39	14	5.37	1.16	139
	1987	0	3	6	12	28	41	10	5.27	1.18	144
	1988	.	1	7	14	26	37	15	5.35	1.19	119

PERCEPTIONS OF LIFE QUALITY

9. How do you feel about your physical appearance---the way you look to others?

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Terrible	Unhappy	Mostly Dissatisfied	Mixed	Mostly Satisfied	Pleased	Delighted			
Overall	1986	1	1	4	19	36	33	7	5.16	1.06	3000
	1987	1	1	5	19	31	34	10	5.19	1.12	2121
	1988	1	1	5	19	34	32	8	5.14	1.11	3043
Sex											
Male	1986	1	1	4	19	35	33	8	5.18	1.05	2671
	1987	1	1	4	18	31	34	10	5.23	1.11	1856
	1988	0	1	5	19	34	33	8	5.17	1.08	2651
Female	1986	1	2	6	19	38	28	6	4.99	1.14	329
	1987	0	3	7	25	33	28	3	4.86	1.12	256
	1988	2	3	7	19	33	28	8	4.91	1.31	387
Rank											
Officer	1986	0	1	2	14	37	39	6	5.30	.94	346
	1987	1	0	1	11	39	40	7	5.38	.91	311
	1988	0	1	2	10	38	40	9	5.41	.92	488
Enlisted	1986	1	1	4	19	35	32	8	5.14	1.07	2652
	1987	1	1	5	20	30	33	10	5.17	1.14	1799
	1988	1	1	6	20	33	31	8	5.11	1.13	2534
Age											
< 20 yrs	1986	2	1	5	10	37	34	13	5.31	1.16	117
	1987	.	2	9	20	28	29	12	5.11	1.22	67
	1988	1	2	4	21	30	31	12	5.16	1.18	124
20-24	1986	0	1	4	20	33	33	8	5.17	1.07	1015
	1987	1	1	5	20	28	35	9	5.18	1.14	466
	1988	1	1	7	19	32	31	8	5.08	1.16	694
25-29	1986	1	1	5	18	38	32	6	5.10	1.07	759
	1987	1	2	6	20	29	33	10	5.13	1.20	537
	1988	1	1	5	18	35	31	10	5.15	1.12	795
30-34	1986	1	1	5	19	37	31	7	5.12	1.06	496
	1987	1	1	3	21	33	32	9	5.16	1.11	424
	1988	1	1	5	21	36	30	6	5.03	1.11	595
35+	1986	0	1	3	19	36	34	7	5.20	1.01	607
	1987	0	1	3	14	37	35	10	5.32	.99	571
	1988	0	1	3	16	34	38	8	5.29	.98	795
Time in Service											
< 3 yrs.	1986	1	1	5	17	34	31	10	5.19	1.13	608
	1987	.	2	4	27	26	30	10	5.08	1.17	191
	1988	2	1	7	17	31	33	9	5.11	1.23	439
3-10	1986	1	1	4	19	37	32	6	5.13	1.04	1278
	1987	1	1	6	19	30	34	9	5.14	1.14	978
	1988	0	1	5	20	35	30	8	5.11	1.08	1244
11-20	1986	0	1	5	20	36	33	6	5.10	1.05	666
	1987	1	1	4	16	34	35	10	5.26	1.09	684
	1988	1	1	4	19	36	31	8	5.16	1.07	935
> 20	1986	1	1	0	14	36	38	11	5.40	1.00	146
	1987	.	0	2	10	41	37	11	5.45	.90	148
	1988	.	1	3	10	31	46	10	5.47	.96	218
Community											
Land	1986	1	1	3	18	36	34	8	5.19	1.04	1685
	1987	0	1	4	18	33	34	10	5.23	1.10	1210
	1988	1	1	5	19	33	33	9	5.15	1.13	1588
Surface	1986	1	1	5	19	35	31	8	5.13	1.10	1044
	1987	1	1	5	20	30	35	9	5.17	1.15	497
	1988	1	2	7	19	33	31	9	5.08	1.17	713
Sub	1986	.	0	5	27	39	28	1	4.90	.91	132
	1987	.	0	11	23	32	33	2	4.91	1.04	121
	1988	0	1	9	15	40	30	4	5.01	1.08	107
Air	1986	.	2	4	21	28	39	6	5.16	1.07	139
	1987	.	5	5	22	23	36	10	5.09	1.26	143
	1988	.	1	8	14	29	40	9	5.25	1.11	119

PERCEPTIONS OF LIFE QUALITY

10. How do you feel about yourself?

	Yr.	%							Mean	SD	N
		1 Terrible	2 Unhappy	3 Mostly Dissatisfied	4 Mixed	5 Mostly Satisfied	6 Pleased	7 Delighted			
Overall	1986	0	1	2	9	28	43	17	5.60	1.03	3002
	1987	1	1	2	9	26	42	20	5.64	1.04	2128
	1988	0	1	2	11	25	43	18	5.59	1.07	3046
Sex											
Male	1986	0	1	2	9	27	43	17	5.61	1.04	2672
	1987	1	1	1	8	26	42	21	5.69	1.03	1860
	1988	0	1	2	11	24	44	18	5.62	1.04	2656
Female	1986	0	1	2	9	35	41	12	5.48	.96	330
	1987	.	0	8	15	30	39	7	5.23	1.06	259
	1988	2	2	2	15	30	36	14	5.34	1.20	385
Rank											
Officer	1986	.	0	1	5	30	46	17	5.72	.86	345
	1987	.	0	1	5	27	51	16	5.74	.84	311
	1988	.	.	2	4	22	53	20	5.84	.84	488
Enlisted	1986	0	1	2	9	28	43	17	5.59	1.05	2655
	1987	1	1	2	10	26	41	20	5.63	1.07	1806
	1988	1	1	2	12	25	42	17	5.55	1.09	2538
Age											
< 20 yrs	1986	1	2	2	11	23	36	26	5.64	1.22	119
	1987	2	.	3	12	30	29	24	5.54	1.22	67
	1988	2	.	4	16	27	33	19	5.39	1.23	124
20-24	1986	1	2	2	8	29	42	17	5.57	1.09	1013
	1987	0	1	1	12	24	42	19	5.60	1.06	466
	1988	1	1	3	14	24	40	17	5.47	1.16	694
25-29	1986	0	1	2	10	28	45	15	5.57	1.00	759
	1987	1	1	3	9	27	40	20	5.62	1.09	542
	1988	0	1	2	11	23	43	20	5.64	1.05	797
30-34	1986	0	0	2	9	30	41	18	5.62	.99	497
	1987	.	0	2	9	29	41	18	5.63	.97	426
	1988	1	1	1	11	31	41	15	5.53	1.04	596
35+	1986	.	0	1	8	28	46	17	5.67	.91	608
	1987	1	0	1	6	25	47	21	5.76	.98	571
	1988	.	0	2	7	21	51	18	5.77	.91	795
Time in Service											
< 3 yrs.	1986	1	2	2	8	26	41	20	5.58	1.19	611
	1987	1	1	2	15	24	36	21	5.52	1.18	194
	1988	1	2	5	15	24	36	18	5.40	1.23	440
3-10	1986	0	1	2	9	30	43	15	5.57	1.00	1278
	1987	1	1	3	10	28	41	18	5.57	1.08	981
	1988	0	1	2	12	25	44	17	5.60	1.02	1244
11-20	1986	0	0	2	9	27	45	16	5.64	.94	663
	1987	1	0	1	8	27	44	19	5.70	.98	685
	1988	0	0	2	9	27	45	17	5.63	.99	936
> 20	1986	.	1	.	8	27	42	23	5.78	.94	147
	1987	.	1	.	2	18	52	27	6.01	.79	148
	1988	.	1	2	4	18	51	25	5.92	.93	218
Community											
Land	1986	0	1	2	8	28	45	17	5.65	.96	1687
	1987	1	0	2	9	27	40	21	5.66	1.05	1216
	1988	1	1	2	11	24	44	18	5.62	1.06	1591
Surface	1986	1	1	2	10	27	40	18	5.55	1.13	1046
	1987	1	1	2	9	25	44	19	5.65	1.05	497
	1988	1	1	3	13	24	40	18	5.52	1.14	713
Sub	1986	.	.	3	15	26	47	9	5.44	.95	132
	1987	.	.	2	10	40	40	8	5.42	.87	121
	1988	0	3	2	14	33	42	6	5.26	1.06	107
Air	1986	.	2	2	6	32	41	17	5.59	1.02	137
	1987	0	2	3	10	22	50	14	5.56	1.08	144
	1988	.	.	2	10	19	50	19	5.72	.96	119

PERCEPTIONS OF LIFE QUALITY

11. How do you feel about your ability to adjust to changes in your life?

	Yr.	%							Mean	SD	N
		1	2	3	4	5	6	7			
		Terrible	Unhappy	Mostly Dissatisfied	Mixed	Mostly Satisfied	Pleased	Delighted			
Overall	1986	0	1	1	10	27	46	16	5.61	.98	3007
	1987	0	1	2	11	26	43	17	5.61	1.03	2126
	1988	0	1	2	10	26	45	15	5.57	1.02	3039
Sex											
Male	1986	0	1	2	9	27	46	16	5.62	.98	2677
	1987	1	1	1	10	25	45	17	5.63	1.02	1858
	1988	0	1	2	10	26	45	16	5.59	1.02	2649
Female	1986	0	0	1	15	25	42	16	5.56	1.01	330
	1987	.	1	4	11	36	30	18	5.45	1.08	259
	1988	1	0	2	12	28	43	13	5.49	1.07	385
Rank											
Officer	1986	.	1	0	8	25	49	18	5.74	.89	347
	1987	0	0	2	6	22	52	17	5.73	.95	311
	1988	.	0	0	6	22	52	18	5.81	.84	488
Enlisted	1986	0	1	2	10	27	45	15	5.60	.99	2658
	1987	1	1	2	11	26	43	17	5.59	1.04	1804
	1988	1	1	2	11	27	44	15	5.54	1.04	2531
Age											
< 20 yrs	1986	.	.	2	8	26	41	23	5.76	.95	118
	1987	3	.	5	11	18	41	22	5.53	1.35	67
	1988	2	2	4	11	27	34	21	5.46	1.28	124
20-24	1986	1	1	1	11	26	46	14	5.56	1.03	1016
	1987	0	1	2	13	28	39	16	5.51	1.06	467
	1988	1	1	2	13	27	44	13	5.47	1.05	695
25-29	1986	0	0	2	9	28	48	13	5.59	.94	761
	1987	1	1	2	11	23	44	18	5.61	1.08	539
	1988	0	1	2	10	26	47	14	5.58	1.00	795
30-34	1986	0	1	1	9	27	44	18	5.67	.97	497
	1987	.	0	1	10	28	45	17	5.68	.90	426
	1988	1	1	2	10	29	42	17	5.57	1.05	591
35+	1986	.	0	1	10	27	44	18	5.67	.94	609
	1987	0	1	1	8	26	46	17	5.66	.99	571
	1988	.	1	1	7	24	49	18	5.72	.92	794
Time in Service											
< 3 yrs.	1986	1	1	2	10	29	41	16	5.54	1.05	610
	1987	2	1	1	18	24	36	18	5.43	1.21	194
	1988	1	1	4	13	29	40	13	5.39	1.12	440
3-10	1986	0	0	1	9	26	49	14	5.64	.94	1280
	1987	0	1	2	11	27	42	16	5.56	1.03	980
	1988	0	0	2	10	26	46	15	5.59	.99	1243
11-20	1986	.	0	1	10	29	43	17	5.63	.94	666
	1987	0	1	1	8	24	46	19	5.71	.99	685
	1988	0	1	2	9	28	45	16	5.63	.97	932
> 20	1986	.	1	1	9	24	42	23	5.74	.99	147
	1987	.	.	1	6	22	53	17	5.80	.83	148
	1988	.	1	1	7	19	47	24	5.84	.98	217
Community											
Land	1986	0	0	1	9	27	45	16	5.65	.94	1688
	1987	0	0	2	10	25	44	19	5.65	1.02	1215
	1988	1	1	2	10	24	46	16	5.60	1.05	1584
Surface	1986	1	1	2	9	27	45	16	5.59	1.03	1048
	1987	1	1	1	12	28	40	17	5.53	1.09	498
	1988	0	0	2	11	30	41	15	5.52	1.03	714
Sub	1986	.	.	1	16	21	53	9	5.53	.90	132
	1987	2	.	1	10	33	42	12	5.45	1.10	119
	1988	1	1	3	14	29	40	12	5.38	1.14	107
Air	1986	.	2	2	13	26	45	12	5.46	1.06	139
	1987	.	.	2	9	23	48	17	5.68	.95	144
	1988	.	.	3	12	20	48	17	5.66	.98	119

PERCEPTIONS OF LIFE QUALITY

12. How do you feel about your life as a whole?

	Yr.	%							Mean	SD	N
		1 Terrible	2 Unhappy	3 Mostly Dissatisfied	4 Mixed	5 Mostly Satisfied	6 Pleased	7 Delighted			
Overall	1986	0	0	2	9	24	44	20	5.67	1.03	3002
	1987	1	1	2	9	23	45	19	5.65	1.07	2124
	1988	1	1	2	12	22	45	18	5.61	1.07	3038
Sex											
Male	1986	0	0	2	9	24	44	20	5.67	1.04	2673
	1987	1	1	2	9	23	45	20	5.69	1.06	1857
	1988	0	1	2	11	22	46	18	5.64	1.05	2647
Female	1986	.	1	2	9	27	43	18	5.64	.99	329
	1987	1	2	2	15	27	42	12	5.39	1.13	258
	1988	2	1	2	15	26	37	18	5.46	1.19	386
Rank											
Officer	1986	.	0	0	7	27	45	21	5.77	.88	346
	1987	.	0	1	5	24	52	17	5.80	.83	310
	1988	0	.	0	3	22	52	23	5.92	.81	487
Enlisted	1986	0	1	2	10	24	44	19	5.66	1.05	2654
	1987	1	1	2	10	23	44	20	5.64	1.09	1803
	1988	1	1	2	13	22	44	17	5.58	1.09	2530
Age											
< 20 yrs	1986	1	1	6	7	20	42	23	5.64	1.23	119
	1987	2	.	3	12	17	42	24	5.66	1.21	67
	1988	2	3	3	17	18	34	22	5.36	1.43	123
20-24	1986	1	0	2	10	22	45	19	5.64	1.08	1015
	1987	1	1	3	12	24	40	19	5.56	1.15	467
	1988	0	1	3	14	22	44	15	5.50	1.12	694
25-29	1986	1	0	2	10	26	45	16	5.61	1.02	759
	1987	1	1	2	7	27	44	18	5.64	1.06	540
	1988	0	1	1	12	21	45	20	5.66	1.03	796
30-34	1986	.	1	1	8	28	40	22	5.70	1.00	496
	1987	0	0	1	10	25	46	18	5.66	1.00	426
	1988	1	0	1	10	27	44	16	5.59	1.04	593
35+	1986	.	.	1	8	25	44	22	5.78	.91	607
	1987	1	0	1	8	20	48	22	5.77	1.03	569
	1988	0	0	1	7	21	50	20	5.80	.90	793
Time in Service											
< 3 yrs.	1986	1	1	3	10	21	44	21	5.63	1.15	611
	1987	1	2	4	14	21	39	19	5.46	1.22	194
	1988	1	2	3	15	26	37	17	5.41	1.22	440
3-10	1986	1	0	2	9	25	46	17	5.63	1.02	1277
	1987	1	1	2	9	26	43	18	5.60	1.08	979
	1988	0	1	2	13	20	47	17	5.64	1.02	1240
11-20	1986	.	0	2	8	28	40	22	5.71	.98	663
	1987	1	0	1	9	22	48	19	5.72	1.00	684
	1988	1	0	1	9	25	48	17	5.67	.98	935
> 20	1986	.	.	1	8	18	52	21	5.85	.87	147
	1987	.	.	1	2	16	56	25	6.02	.78	147
	1988	.	.	1	5	17	48	28	5.97	.89	217
Community											
Land	1986	0	0	2	8	25	44	21	5.72	.98	1687
	1987	0	1	1	9	24	45	20	5.69	1.02	1213
	1988	1	1	2	11	21	46	19	5.64	1.09	1586
Surface	1986	1	1	2	11	23	42	20	5.61	1.10	1047
	1987	1	1	2	10	22	45	19	5.59	1.17	497
	1988	0	1	2	13	24	42	18	5.55	1.11	709
Sub	1986	1	.	2	12	26	50	9	5.47	1.03	132
	1987	.	.	2	13	29	48	9	5.49	.89	121
	1988	0	3	2	15	30	40	10	5.31	1.12	107
Air	1986	.	0	2	10	23	47	18	5.68	.97	136
	1987	1	.	4	7	24	46	18	5.62	1.12	144
	1988	.	0	2	9	20	48	21	5.76	.97	119

PERCEPTIONS OF LIFE QUALITY

13. Considering all things together, how content are you with your life as a whole?

		%							Mean	SD	N
		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
<u>Overall</u>	1986	1	2	6	15	28	35	13	5.25	1.22	3006
	1987	1	3	6	17	27	35	12	5.15	1.28	2122
	1988	1	2	8	16	26	34	12	5.15	1.28	3042
<u>Sex</u>											
Male	1986	1	2	6	15	28	35	14	5.26	1.23	2676
	1987	1	2	6	17	27	35	11	5.17	1.27	1856
	1988	1	2	8	16	26	35	12	5.17	1.27	2651
Female	1986	.	2	8	13	30	36	10	5.21	1.17	330
	1987	.	6	10	17	25	31	12	5.01	1.38	257
	1988	2	2	9	16	29	30	13	5.06	1.37	386
<u>Rank</u>											
Officer	1986	0	1	4	11	26	40	18	5.54	1.10	348
	1987	.	2	4	7	31	41	16	5.52	1.07	309
	1988	1	0	3	6	24	47	19	5.69	1.03	488
Enlisted	1986	1	2	7	15	28	35	13	5.22	1.23	2656
	1987	1	3	7	18	26	34	11	5.11	1.30	1802
	1988	1	3	9	17	27	32	11	5.09	1.30	2534
<u>Age</u>											
< 20 yrs	1986	1	7	4	13	26	33	16	5.16	1.46	119
	1987	2	2	3	31	26	25	12	5.02	1.25	67
	1988	2	5	10	22	26	25	11	4.84	1.40	124
20-24	1986	1	2	7	17	28	34	11	5.13	1.27	1012
	1987	1	4	9	19	25	32	10	5.01	1.33	466
	1988	1	3	10	19	29	30	9	4.96	1.30	693
25-29	1986	.	2	7	16	30	33	12	5.20	1.19	762
	1987	2	3	6	18	28	33	10	5.05	1.33	540
	1988	1	2	9	16	26	34	12	5.13	1.29	797
30-34	1986	0	1	5	14	29	36	14	5.35	1.14	498
	1987	1	3	7	16	30	33	11	5.15	1.24	425
	1988	0	2	7	17	29	32	12	5.17	1.22	594
35+	1986	.	1	5	12	25	40	18	5.50	1.12	609
	1987	1	1	4	11	24	42	16	5.48	1.17	568
	1988	1	1	6	10	22	43	17	5.49	1.20	794
<u>Time in Service</u>											
< 3 yrs.	1986	1	4	6	16	27	35	12	5.15	1.29	608
	1987	1	4	8	26	24	25	10	4.86	1.35	193
	1988	1	5	13	20	27	24	10	4.82	1.36	440
3-10	1986	0	2	7	16	29	34	12	5.20	1.20	1281
	1987	2	3	8	17	28	32	10	5.03	1.33	980
	1988	1	2	8	17	28	34	11	5.15	1.25	1244
11-20	1986	0	1	6	14	26	37	16	5.41	1.15	665
	1987	1	2	5	13	27	40	12	5.32	1.18	681
	1988	1	2	8	13	27	37	13	5.25	1.25	934
> 20	1986	.	1	6	10	20	46	18	5.57	1.12	147
	1987	.	0	4	6	19	51	20	5.77	.98	148
	1988	0	.	3	8	15	48	25	5.81	1.04	217
<u>Community</u>											
Land	1986	0	2	6	14	28	36	14	5.32	1.18	1691
	1987	1	2	6	15	29	35	12	5.22	1.22	1213
	1988	1	2	8	14	25	36	14	5.24	1.28	1587
Surface	1986	1	3	7	16	27	34	12	5.18	1.26	1044
	1987	3	3	7	19	23	32	13	5.04	1.42	497
	1988	1	3	11	19	25	31	11	4.98	1.34	714
Sub	1986	.	3	8	21	23	36	9	5.06	1.24	132
	1987	0	3	7	23	37	27	2	4.84	1.09	121
	1988	1	5	9	21	39	18	6	4.71	1.26	107
Air	1986	3	0	7	11	31	31	17	5.27	1.33	139
	1987	1	4	6	15	21	39	13	5.22	1.35	142
	1988	.	2	7	13	29	34	15	5.32	1.20	119

PERCEPTIONS OF LIFE QUALITY

14. To what extent has your life as a whole been what you wanted it to be?

		%							Mean	SD	N
Yr.		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
<u>Overall</u>	1986	1	6	11	22	28	26	7	4.75	1.36	3006
	1987	2	6	12	21	28	26	6	4.71	1.36	2122
	1988	1	5	13	22	28	24	6	4.68	1.35	3035
<u>Sex</u>											
Male	1986	1	5	11	22	28	25	8	4.76	1.36	2676
	1987	2	5	11	22	27	27	6	4.73	1.36	1856
	1988	1	6	12	22	27	25	7	4.69	1.35	2645
Female	1986	1	7	10	23	26	28	6	4.74	1.34	330
	1987	1	9	15	17	33	20	5	4.53	1.37	257
	1988	2	3	15	22	31	21	5	4.60	1.32	385
<u>Rank</u>											
Officer	1986	1	2	5	18	23	39	12	5.28	1.20	348
	1987	0	1	6	13	29	39	12	5.36	1.11	310
	1988	0	1	4	11	28	43	12	5.45	1.06	488
Enlisted	1986	1	6	11	22	28	24	7	4.69	1.36	2656
	1987	2	6	13	22	28	25	5	4.63	1.37	1801
	1988	1	6	14	24	28	22	6	4.58	1.35	2527
<u>Age</u>											
< 20 yrs	1986	1	8	8	13	33	26	9	4.82	1.43	119
	1987	9	3	5	23	24	27	9	4.66	1.65	67
	1988	3	10	13	32	20	17	6	4.28	1.45	123
20-24	1986	2	7	13	23	29	21	5	4.52	1.37	1015
	1987	2	8	14	23	28	21	4	4.46	1.38	466
	1988	2	7	16	24	29	18	4	4.42	1.35	693
25-29	1986	1	5	12	24	27	23	7	4.68	1.32	759
	1987	1	7	12	22	28	23	6	4.62	1.38	540
	1988	1	6	13	22	28	24	7	4.71	1.34	794
30-34	1986	1	5	9	21	24	31	10	4.92	1.37	498
	1987	0	5	13	22	29	25	5	4.70	1.28	424
	1988	2	3	14	23	26	25	6	4.67	1.36	595
35+	1986	1	3	6	18	28	34	11	5.15	1.24	609
	1987	1	2	9	17	25	36	9	5.08	1.26	570
	1988	0	3	7	16	30	35	9	5.11	1.20	790
<u>Time in Service</u>											
< 3 yrs.	1986	2	8	12	23	28	21	6	4.53	1.41	610
	1987	3	9	17	23	21	23	5	4.38	1.48	193
	1988	2	9	16	26	25	17	5	4.32	1.41	440
3-10	1986	1	6	12	23	28	23	6	4.67	1.33	1280
	1987	2	8	12	22	30	22	5	4.57	1.38	981
	1988	1	6	14	23	29	22	6	4.64	1.34	1240
11-20	1986	1	3	9	20	26	33	9	5.01	1.28	665
	1987	1	3	11	20	29	30	6	4.90	1.23	681
	1988	1	3	11	20	30	29	6	4.84	1.27	931
> 20	1986	.	2	3	18	25	39	13	5.36	1.12	147
	1987	.	1	7	15	22	46	10	5.33	1.13	148
	1988	0	2	4	10	26	41	16	5.48	1.14	216
<u>Community</u>											
Land	1986	1	4	9	22	29	27	8	4.86	1.29	1689
	1987	1	5	12	21	27	28	7	4.79	1.34	1212
	1988	2	5	11	20	29	26	7	4.78	1.35	1583
Surface	1986	2	8	12	22	27	23	6	4.58	1.43	1046
	1987	2	8	15	22	25	23	5	4.51	1.42	497
	1988	1	7	15	25	27	19	6	4.49	1.37	713
Sub	1986	.	10	11	26	27	21	5	4.53	1.33	132
	1987	2	6	9	27	34	19	3	4.55	1.28	120
	1988	1	16	12	36	22	11	3	4.05	1.31	107
Air	1986	1	5	11	16	22	35	10	5.00	1.39	139
	1987	1	8	8	16	36	25	7	4.78	1.37	143
	1988	.	4	13	22	25	27	9	4.87	1.31	118

PERCEPTIONS OF LIFE QUALITY

15. How much can you count on someone to:
a. give you useful information and advice when you want it?

	Yr.	%							Mean	SD	N
		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
<u>Overall</u>	1986	2	6	12	21	26	23	10	4.74	1.42	3000
	1987	2	7	12	23	26	21	9	4.64	1.45	2122
	1988	1	8	14	22	26	20	9	4.59	1.46	3045
<u>Sex</u>											
Male	1986	2	5	12	21	27	23	9	4.73	1.42	2670
	1987	2	7	12	23	26	21	9	4.63	1.45	1855
	1988	1	8	14	22	26	20	8	4.56	1.44	2654
Female	1986	.	7	12	20	22	27	12	4.85	1.44	330
	1987	.	7	13	23	20	27	9	4.70	1.48	258
	1988	2	8	13	18	22	21	17	4.81	1.59	386
<u>Rank</u>											
Officer	1986	1	3	7	19	21	33	16	5.19	1.35	346
	1987	1	4	7	18	27	31	13	5.10	1.51	310
	1988	0	3	8	15	30	29	14	5.17	1.27	487
Enlisted	1986	2	6	13	21	27	22	9	4.69	1.42	2652
	1987	2	8	12	23	26	20	9	4.59	1.46	1201
	1988	1	9	15	22	25	19	9	4.51	1.46	2538
<u>Age</u>											
< 20 yrs	1986	2	7	11	17	29	18	15	4.78	1.54	119
	1987	2	9	11	28	25	15	10	4.51	1.45	67
	1988	1	9	17	16	23	20	14	4.66	1.58	124
20-24	1986	3	6	11	22	24	23	11	4.70	1.50	1015
	1987	2	6	14	25	23	20	10	4.59	1.46	465
	1988	2	9	17	22	24	16	10	4.46	1.52	694
25-29	1986	2	4	15	21	27	22	9	4.69	1.39	756
	1987	2	9	10	23	28	20	9	4.59	1.46	542
	1988	1	8	14	24	26	19	8	4.54	1.40	799
30-34	1986	0	7	14	20	27	22	10	4.73	1.38	495
	1987	3	10	10	22	27	20	7	4.50	1.49	424
	1988	2	8	14	23	27	19	7	4.50	1.43	595
35+	1986	1	5	8	21	28	28	9	4.89	1.32	609
	1987	1	5	13	19	24	27	11	4.88	1.39	569
	1988	0	6	11	16	27	26	11	4.87	1.39	793
<u>Time in Service</u>											
< 3 yrs.	1986	2	7	14	18	24	23	12	4.72	1.52	610
	1987	3	8	14	26	22	20	9	4.51	1.50	193
	1988	2	8	16	19	24	18	12	4.58	1.56	440
3-10	1986	2	5	13	22	24	23	10	4.72	1.43	1274
	1987	2	8	12	24	26	18	9	4.56	1.45	982
	1988	1	8	15	24	26	18	8	4.52	1.43	1245
11-20	1986	1	6	10	20	31	25	8	4.81	1.32	665
	1987	1	7	11	19	28	25	9	4.75	1.44	681
	1988	1	8	13	23	27	21	7	4.61	1.40	935
> 20	1986	1	4	9	23	28	26	9	4.90	1.29	147
	1987	.	3	12	20	22	34	9	4.99	1.29	148
	1988	1	3	9	15	26	32	16	5.22	1.32	217
<u>Community</u>											
Land	1986	1	5	12	20	26	24	11	4.82	1.41	1686
	1987	1	7	11	22	25	24	10	4.72	1.44	1214
	1988	1	6	13	22	25	21	11	4.72	1.43	1588
Surface	1986	3	7	12	22	26	22	9	4.64	1.46	1043
	1987	3	8	13	25	26	17	8	4.44	1.48	496
	1988	3	11	16	22	24	17	7	4.34	1.51	715
Sub	1986	2	6	17	26	22	22	5	4.46	1.35	132
	1987	.	7	14	19	27	25	8	4.73	1.37	120
	1988	4	17	15	26	19	13	7	4.08	1.59	107
Air	1986	1	5	10	26	28	24	7	4.76	1.28	139
	1987	1	9	10	22	26	21	12	4.74	1.46	143
	1988	.	5	18	12	27	27	10	4.81	1.41	119

PERCEPTIONS OF LIFE QUALITY

15. How much can you count on someone to:
b. be a source of encouragement and reassurance?

	Yr.	1 2 3 4 5 6 7							Mean	SD	N
		Not at all	Very little	Somewhat	Fair amount	Quite a bit	A great deal	Almost 100%			
Overall	1986	2	6	11	18	24	24	14	4.86	1.52	2997
	1987	2	6	12	20	25	23	11	4.74	1.48	2117
	1988	2	7	14	19	24	23	11	4.71	1.49	3041
<u>Sex</u>											
Male	1986	2	6	12	18	24	24	14	4.83	1.51	2667
	1987	2	6	12	21	25	22	11	4.72	1.47	1850
	1988	1	7	14	20	24	23	10	4.68	1.47	2651
Female	1986	1	6	9	16	22	27	19	5.07	1.52	330
	1987	2	8	12	16	19	27	15	4.86	1.60	258
	1988	2	7	11	16	21	23	20	4.97	1.61	385
<u>Rank</u>											
Officer	1986	1	4	7	13	24	29	23	5.36	1.40	345
	1987	1	2	10	16	24	29	18	5.19	1.38	309
	1988	0	3	7	14	24	34	18	5.31	1.30	486
Enlisted	1986	2	6	12	18	24	24	13	4.80	1.52	2650
	1987	2	7	13	21	25	22	11	4.68	1.48	1797
	1988	2	8	15	20	24	22	10	4.63	1.50	2535
<u>Age</u>											
< 20 yrs	1986	3	4	11	13	30	20	19	4.97	1.55	118
	1987	3	5	17	22	24	18	11	4.58	1.52	66
	1988	3	5	16	18	24	24	9	4.65	1.51	124
20-24	1986	3	6	10	18	23	24	15	4.84	1.58	1013
	1987	3	7	12	24	24	18	12	4.64	1.51	463
	1988	2	8	17	19	24	17	13	4.58	1.58	695
25-29	1986	2	6	13	18	24	24	13	4.80	1.52	759
	1987	2	7	12	19	25	23	12	4.72	1.31	541
	1988	1	6	13	21	24	23	11	4.72	1.45	798
30-34	1986	1	7	13	18	23	22	15	4.81	1.53	492
	1987	2	9	11	18	27	24	9	4.67	1.49	423
	1988	1	9	13	21	23	24	9	4.64	1.48	592
35+	1986	0	5	9	19	26	29	12	5.02	1.34	609
	1987	1	4	12	19	22	28	13	4.95	1.41	569
	1988	1	5	11	17	23	30	12	4.95	1.41	792
<u>Time in Service</u>											
< 3 yrs.	1986	3	7	11	16	23	24	17	4.89	1.60	607
	1987	3	8	15	20	23	20	12	4.59	1.57	192
	1988	2	7	17	19	24	18	13	4.64	1.54	440
3-10	1986	2	7	11	18	24	23	15	4.85	1.52	1275
	1987	2	7	12	22	25	20	12	4.67	1.50	980
	1988	2	7	14	20	25	21	12	4.68	1.50	1242
11-20	1986	0	5	13	18	25	27	12	4.93	1.39	664
	1987	1	6	13	17	25	27	11	4.83	1.47	681
	1988	1	7	12	21	23	27	9	4.73	1.44	934
> 20	1986	1	5	7	18	30	26	13	5.01	1.36	147
	1987	.	5	7	19	27	31	12	5.05	1.32	148
	1988	1	3	10	13	20	37	16	5.24	1.37	217
<u>Community</u>											
Land	1986	1	5	11	17	24	25	16	4.97	1.46	1685
	1987	1	6	12	19	25	24	11	4.86	1.45	1213
	1988	2	5	12	19	24	26	13	4.85	1.47	1586
Surface	1986	3	7	12	18	24	23	12	4.70	1.58	1041
	1987	4	7	12	24	22	22	10	4.59	1.54	492
	1988	2	10	16	22	23	18	9	4.46	1.52	713
Sub	1986	2	9	15	22	17	23	13	4.64	1.57	132
	1987	1	6	15	17	29	17	14	4.73	1.49	120
	1988	4	12	16	20	27	12	9	4.27	1.57	107
Air	1986	2	4	10	19	26	26	13	4.91	1.44	139
	1987	1	9	7	18	25	27	12	4.87	1.48	143
	1988	.	5	16	16	21	29	12	4.88	1.45	119

PERCEPTIONS OF LIFE QUALITY

15. How much can you count on someone to:
c. listen if you want to confide about things important to you?

	Yr.	%							Mean	SD	N
		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
Overall	1986	3	9	10	15	21	26	16	4.86	1.63	2996
	1987	3	8	11	18	23	23	14	4.72	1.62	2116
	1988	3	8	12	18	22	24	13	4.73	1.60	3038
<u>Sex</u>											
Male	1986	3	8	11	15	22	25	16	4.84	1.63	2667
	1987	3	8	11	19	23	22	13	4.70	1.61	1849
	1988	3	8	12	19	22	24	12	4.69	1.58	2647
Female	1986	1	10	9	11	20	29	20	5.05	1.63	329
	1987	4	9	10	14	19	26	18	4.88	1.70	258
	1988	3	7	10	13	21	23	23	5.04	1.67	386
<u>Rank</u>											
Officer	1986	1	7	7	11	19	34	22	5.31	1.50	346
	1987	2	5	9	14	22	30	19	5.14	1.51	310
	1988	1	4	9	11	21	32	22	5.32	1.44	487
Enlisted	1986	3	9	11	15	22	25	16	4.81	1.64	2648
	1987	4	9	11	19	23	22	13	4.67	1.62	1795
	1988	3	9	12	19	22	23	12	4.65	1.60	2532
<u>Age</u>											
< 20 yrs	1986	4	8	14	12	23	22	17	4.78	1.69	118
	1987	2	5	8	32	17	21	15	4.82	1.47	65
	1988	5	6	11	23	17	23	15	4.72	1.65	123
20-24	1986	4	9	9	15	20	24	19	4.87	1.72	1011
	1987	4	9	11	18	25	19	14	4.64	1.65	465
	1988	5	7	14	16	21	22	15	4.65	1.69	692
25-29	1986	3	8	11	15	23	26	14	4.83	1.59	759
	1987	4	8	10	19	23	23	12	4.67	1.63	541
	1988	2	8	11	20	22	24	13	4.76	1.54	798
30-34	1986	2	11	12	13	21	25	15	4.78	1.66	494
	1987	3	11	13	17	21	22	15	4.68	1.66	423
	1988	2	11	12	18	22	24	10	4.59	1.59	594
35+	1986	1	7	10	16	22	30	14	4.99	1.47	608
	1987	2	8	10	17	22	27	14	4.86	1.56	567
	1988	2	7	9	16	24	28	14	4.93	1.51	792
<u>Time in Service</u>											
< 3 yrs.	1986	4	9	10	15	21	22	20	4.85	1.71	606
	1987	2	9	12	21	24	19	14	4.67	1.55	191
	1988	5	5	14	21	20	20	15	4.64	1.66	437
3-10	1986	3	10	10	14	21	26	17	4.86	1.66	1275
	1987	5	8	11	19	22	22	14	4.65	1.66	98
	1988	2	9	11	18	22	23	14	4.75	1.61	1243
11-20	1986	1	8	11	15	23	29	13	4.89	1.51	664
	1987	3	9	9	16	23	25	14	4.73	1.63	680
	1988	2	10	11	18	22	26	10	4.68	1.55	934
> 20	1986	1	8	10	14	22	30	15	5.00	1.51	147
	1987	1	4	8	18	24	34	10	5.03	1.33	147
	1988	1	5	10	13	21	33	18	5.20	1.44	217
<u>Community</u>											
Land	1986	1	8	10	14	21	27	18	4.96	1.59	1683
	1987	3	9	10	17	23	25	13	4.77	1.60	1210
	1988	3	6	11	16	22	26	15	4.88	1.57	1586
Surface	1986	5	9	10	16	21	23	16	4.72	1.71	1042
	1987	5	9	10	21	20	20	15	4.62	1.69	495
	1988	4	11	12	20	21	20	11	4.49	1.65	712
Sub	1986	1	11	18	10	19	29	12	4.72	1.62	132
	1987	1	8	11	23	24	19	13	4.73	1.50	120
	1988	7	13	14	13	28	18	7	4.24	1.71	107
Air	1986	3	4	9	18	27	28	12	4.93	1.43	139
	1987	4	7	12	18	20	25	14	4.75	1.66	143
	1988	1	10	13	12	18	32	14	4.86	1.63	119

PERCEPTIONS OF LIFE QUALITY

15. How much can you count on someone to:
d. act in ways that show he/she appreciates you?

		%							Mean	SD	N
Yr.		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
Overall	1986	2	5	10	16	22	27	17	4.99	1.53	2982
	1987	3	7	12	17	23	24	14	4.80	1.58	2116
	1988	2	7	12	17	23	25	13	4.79	1.56	3036
<u>Sex</u>											
Male	1986	2	5	10	16	22	27	17	4.98	1.53	2655
	1987	3	6	12	18	23	24	14	4.79	1.56	1850
	1988	2	7	13	18	23	25	13	4.77	1.54	2650
Female	1986	1	7	9	17	21	26	20	5.06	1.54	327
	1987	3	10	13	11	20	23	20	4.83	1.74	257
	1988	3	9	10	12	20	25	20	4.93	1.70	382
<u>Rank</u>											
Officer	1986	1	3	7	12	22	32	24	5.41	1.39	346
	1987	1	4	6	14	23	31	20	5.27	1.42	310
	1988	0	2	10	13	21	32	22	5.34	1.36	485
Enlisted	1986	2	6	11	17	22	26	16	4.94	1.54	2634
	1987	3	7	12	18	23	24	13	4.74	1.59	1795
	1988	2	8	13	18	23	24	12	4.71	1.57	2531
<u>Age</u>											
< 20 yrs	1986	4	5	11	15	20	25	20	4.99	1.64	118
	1987	3	5	9	22	29	16	17	4.84	1.53	67
	1988	4	9	11	15	21	21	18	4.75	1.73	122
20-24	1986	3	6	9	17	19	26	19	4.98	1.61	1006
	1987	3	8	11	20	24	20	13	4.66	1.59	463
	1988	3	8	15	17	20	21	15	4.67	1.66	693
25-29	1986	2	6	12	16	25	25	15	4.90	1.51	755
	1987	5	6	14	15	22	24	14	4.71	1.67	540
	1988	1	7	12	18	25	24	13	4.82	1.48	797
30-34	1986	1	6	11	13	25	25	18	5.01	1.53	490
	1987	2	8	11	19	22	25	14	4.81	1.54	423
	1988	2	9	13	18	22	25	11	4.67	1.56	592
35+	1986	1	4	8	18	22	32	15	5.14	1.37	607
	1987	2	6	11	14	22	31	15	5.03	1.50	569
	1988	1	5	10	16	24	30	13	5.00	1.45	793
<u>Time in Service</u>											
< 3 yrs.	1986	4	5	11	15	20	27	18	4.97	1.62	604
	1987	3	9	14	21	21	19	13	4.58	1.62	191
	1988	4	8	13	15	25	20	14	4.67	1.64	438
3-10	1986	2	6	11	17	23	25	17	4.95	1.54	1271
	1987	4	7	13	18	23	22	14	4.70	1.63	978
	1988	2	7	13	17	22	24	14	4.80	1.55	1242
11-20	1986	1	4	11	15	23	30	16	5.09	1.42	659
	1987	2	7	12	14	23	28	15	4.91	1.56	681
	1988	2	8	12	19	23	26	11	4.74	1.52	933
> 20	1986	1	5	9	16	26	26	19	5.14	1.43	147
	1987	.	4	5	16	20	38	15	5.30	1.29	148
	1988	1	3	7	14	24	35	16	5.25	1.35	218
<u>Community</u>											
Land	1986	1	5	10	15	23	28	17	5.07	1.47	1676
	1987	2	7	13	15	25	25	14	4.84	1.55	1212
	1988	2	7	12	16	22	26	15	4.90	1.53	1585
Surface	1986	4	6	10	18	20	25	17	4.88	1.64	1035
	1987	5	7	12	19	17	25	14	4.68	1.68	492
	1988	4	9	13	18	22	21	13	4.60	1.64	710
Sub	1986	2	6	15	19	19	27	13	4.80	1.54	132
	1987	0	4	11	31	21	15	17	4.81	1.41	120
	1988	5	11	22	14	20	20	8	4.25	1.69	106
Air	1986	.	5	7	18	26	30	14	5.10	1.34	139
	1987	3	11	5	14	22	30	16	4.93	1.65	143
	1988	1	10	8	15	20	32	14	4.96	1.57	119

PERCEPTIONS OF LIFE QUALITY

15. How much can you count on someone to:
a. treat you with respect?

		%							Mean	SD	N
Yr.		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
<u>Overall</u>											
	1986	1	4	9	14	22	30	19	5.18	1.45	2953
	1987	2	5	9	16	23	29	17	5.07	1.47	2116
	1988	2	5	9	17	24	28	15	5.02	1.47	3041
<u>Sex</u>											
<u>Male</u>											
	1986	2	4	9	15	23	30	18	5.15	1.45	2631
	1987	2	4	9	17	23	29	16	5.06	1.45	1849
	1988	2	5	9	17	24	29	14	5.00	1.45	2651
<u>Female</u>											
	1986	0	4	8	14	19	29	25	5.38	1.42	322
	1987	1	7	12	10	22	24	25	5.14	1.62	258
	1988	2	5	9	15	23	23	23	5.16	1.53	386
<u>Rank</u>											
<u>Officer</u>											
	1986	1	2	4	8	19	41	27	5.71	1.21	344
	1987	0	1	2	9	26	36	25	5.68	1.11	309
	1988	0	1	3	9	24	35	28	5.72	1.14	487
<u>Enlisted</u>											
	1986	1	4	9	15	25	29	18	5.11	1.46	2607
	1987	2	5	10	17	23	28	16	4.99	1.49	1796
	1988	2	5	10	18	24	27	14	4.93	1.48	2535
<u>Age</u>											
< 20 yrs.											
	1986	3	4	10	9	23	29	21	5.19	1.58	117
	1987	2	3	6	26	23	24	16	5.02	1.38	67
	1988	6	4	9	20	23	20	17	4.77	1.67	124
20-24											
	1986	2	5	9	16	21	28	18	5.06	1.54	1000
	1987	2	6	11	19	25	23	13	4.83	1.49	462
	1988	3	7	12	18	23	22	15	4.77	1.59	692
25-29											
	1986	1	4	10	14	25	29	17	5.12	1.42	748
	1987	3	6	8	14	24	28	16	4.99	1.56	540
	1988	1	3	9	17	26	28	15	5.11	1.36	798
30-34											
	1986	1	3	9	13	23	30	21	5.26	1.43	487
	1987	1	5	8	17	21	30	17	5.10	1.46	424
	1988	1	6	8	18	23	30	14	5.02	1.43	594
35+											
	1986	0	2	6	15	22	37	18	5.40	1.24	596
	1987	0	2	8	13	20	35	21	5.40	1.32	568
	1988	1	3	7	14	22	37	17	5.32	1.30	794
<u>Time in Service</u>											
< 3 yrs.											
	1986	2	5	9	14	22	28	19	5.10	1.54	602
	1987	1	6	13	18	24	27	12	4.85	1.45	191
	1988	3	6	13	20	25	19	14	4.69	1.57	439
3-10											
	1986	1	5	10	14	23	29	18	5.14	1.48	1254
	1987	3	6	9	17	24	25	16	4.93	1.54	979
	1988	1	5	10	16	24	28	17	5.08	1.45	1244
11-20											
	1986	.	2	8	16	23	35	17	5.31	1.27	656
	1987	1	3	10	15	21	34	18	5.23	1.39	680
	1988	1	5	7	18	24	32	13	5.07	1.39	934
> 20											
	1986	1	2	7	13	21	35	21	5.42	1.31	143
	1987	.	1	5	13	17	38	26	5.64	1.20	148
	1988	0	.	6	8	20	44	21	5.65	1.13	218
<u>Community</u>											
<u>Land</u>											
	1986	1	3	6	15	23	30	20	5.28	1.37	1658
	1987	1	3	10	17	23	29	16	5.11	1.42	1213
	1988	1	3	9	15	24	30	17	5.17	1.41	1589
<u>Surface</u>											
	1986	3	5	10	14	21	30	16	5.02	1.55	1028
	1987	3	6	9	16	22	28	16	4.97	1.56	494
	1988	3	8	10	18	24	23	13	4.73	1.60	713
<u>Sub</u>											
	1986	2	7	9	15	24	26	16	5.01	1.51	132
	1987	.	5	12	23	24	15	16	4.86	1.43	118
	1988	3	11	7	24	24	24	8	4.58	1.54	105
<u>Air</u>											
	1986	1	2	8	15	24	35	15	5.25	1.29	135
	1987	.	11	6	13	21	28	21	5.11	1.58	142
	1988	1	5	7	15	17	41	14	5.20	1.42	119

PERCEPTIONS OF LIFE QUALITY

15. How much can you count on someone to:
f. show that he/she cares about you as a person?

	Yr.	%							Mean	SD	N
		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
Overall	1986	2	4	9	14	19	30	22	5.23	1.51	2958
	1987	2	5	9	16	22	27	20	5.10	1.53	2108
	1988	2	5	10	17	22	26	18	5.01	1.53	3016
Sex											
Male	1986	2	4	9	14	20	30	22	5.22	1.52	2631
	1987	2	4	9	17	22	27	19	5.09	1.51	1843
	1988	2	5	10	18	22	27	17	4.99	1.51	2629
Female	1986	.	6	8	14	17	29	26	5.33	1.48	327
	1987	1	9	11	9	20	23	27	5.17	1.67	256
	1988	2	6	8	15	20	22	27	5.17	1.63	382
Rank											
Officer	1986	1	3	5	8	19	37	28	5.65	1.31	339
	1987	0	2	5	12	24	31	27	5.55	1.27	310
	1988	0	2	5	10	21	34	28	5.64	1.25	483
Enlisted	1986	2	4	9	14	20	29	22	5.19	1.53	2617
	1987	2	5	9	16	22	26	19	5.04	1.55	1787
	1988	2	6	11	18	22	25	16	4.92	1.54	2514
Age											
< 20 yrs	1986	3	6	11	8	14	32	26	5.26	1.68	117
	1987	5	2	8	21	19	16	30	5.16	1.66	66
	1988	4	8	8	18	20	21	21	4.92	1.69	123
20-24	1986	3	5	8	15	16	29	24	5.19	1.61	999
	1987	2	6	9	18	23	24	17	4.95	1.55	461
	1988	3	6	14	18	22	20	17	4.78	1.61	683
25-29	1986	1	4	10	13	24	28	20	5.18	1.46	751
	1987	3	5	10	13	24	25	20	5.03	1.58	537
	1988	1	5	9	17	25	25	18	5.08	1.45	793
30-34	1986	2	4	9	13	21	29	23	5.27	1.49	485
	1987	2	4	10	16	20	28	20	5.08	1.54	424
	1988	2	7	9	19	19	27	17	4.96	1.55	590
35+	1986	0	3	8	13	21	34	20	5.36	1.34	600
	1987	1	4	7	14	19	33	21	5.33	1.42	567
	1988	1	4	7	14	21	35	18	5.28	1.38	787
Time in Service											
< 3 yrs.	1986	2	6	8	14	16	29	24	5.20	1.60	597
	1987	3	6	10	18	21	24	19	4.96	1.59	192
	1988	4	6	11	20	24	17	17	4.73	1.63	432
3-10	1986	2	4	9	13	21	29	23	5.25	1.51	1263
	1987	3	5	10	16	23	24	19	4.98	1.57	971
	1988	2	5	11	16	23	25	19	5.05	1.52	1234
11-20	1986	1	3	9	14	20	34	19	5.29	1.39	656
	1987	1	4	8	15	19	32	20	5.21	1.47	680
	1988	1	6	9	18	20	29	17	5.03	1.49	928
> 20	1986	1	3	8	12	25	32	20	5.34	1.35	144
	1987	.	2	5	14	21	36	22	5.50	1.24	148
	1988	0	1	6	12	20	38	24	5.58	1.22	217
Community											
Land	1986	1	3	9	14	20	30	23	5.31	1.43	1663
	1987	2	4	9	16	22	28	20	5.15	1.48	1208
	1988	2	4	9	15	24	27	20	5.15	1.47	1574
Surface	1986	4	5	9	14	18	29	22	5.13	1.63	1025
	1987	5	5	8	16	22	25	20	4.99	1.65	493
	1988	3	8	12	20	18	23	15	4.70	1.65	708
Sub	1986	2	5	13	13	20	30	16	4.98	1.57	132
	1987	.	5	14	20	22	20	19	4.96	1.46	117
	1988	5	12	10	21	20	21	12	4.50	1.69	105
Air	1986	.	6	7	13	22	34	18	5.25	1.38	138
	1987	.	10	6	17	17	27	23	5.13	1.59	142
	1988	1	4	10	12	18	37	18	5.25	1.46	118

PERCEPTIONS OF LIFE QUALITY

16. How much do other people:
a. misunderstand the way you think and feel about things?

	Yr.	%							Mean	SD	N
		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
Overall											
	1986	4	33	25	16	12	7	2	3.30	1.42	2986
	1987	3	34	23	18	14	7	2	3.33	1.40	2116
	1988	3	32	25	17	12	8	2	3.35	1.43	3039
Sex											
Male											
	1986	4	32	25	17	13	7	2	3.33	1.44	2658
	1987	3	33	23	18	14	7	2	3.35	1.41	1850
	1988	4	32	25	18	12	8	2	3.35	1.43	2649
Female											
	1986	2	38	29	15	10	4	2	3.12	1.31	328
	1987	2	41	21	16	12	5	1	3.15	1.35	257
	1988	2	35	26	14	14	9	1	3.33	1.41	385
Rank											
Officer											
	1986	5	53	23	7	7	4	1	2.73	1.23	343
	1987	4	54	25	8	5	3	1	2.68	1.12	309
	1988	3	55	23	10	6	3	0	2.69	1.10	488
Enlisted											
	1986	4	31	26	17	13	7	2	3.37	1.43	2641
	1987	3	32	23	19	15	7	2	3.41	1.41	1796
	1988	3	29	25	18	13	9	2	3.43	1.45	2531
Age											
< 20 yrs											
	1986	2	34	22	21	7	7	6	3.43	1.55	118
	1987	2	12	18	39	18	9	3	4.00	1.27	67
	1988	4	16	26	22	13	15	4	3.85	1.54	124
20-24											
	1986	4	28	25	18	14	7	4	3.46	1.49	1009
	1987	2	29	23	18	16	9	4	3.60	1.50	463
	1988	2	23	25	20	16	10	4	3.69	1.48	692
25-29											
	1986	4	34	28	14	13	6	1	3.23	1.36	758
	1987	2	35	23	14	17	7	1	3.36	1.41	540
	1988	4	35	24	18	11	7	1	3.23	1.37	796
30-34											
	1986	3	35	24	18	12	7	1	3.26	1.38	490
	1987	3	33	29	19	10	5	2	3.22	1.31	424
	1988	4	37	24	15	10	7	1	3.18	1.41	593
35+											
	1986	4	41	24	14	9	7	1	3.09	1.36	605
	1987	5	42	21	15	10	6	0	3.00	1.32	567
	1988	3	41	26	14	11	5	1	3.06	1.30	794
Time in Service											
< 3 yrs.											
	1986	3	30	22	20	13	7	5	3.50	1.52	605
	1987	1	19	25	24	14	11	6	3.87	1.49	193
	1988	3	20	27	20	15	12	4	3.75	1.48	438
3-10											
	1986	4	31	28	15	13	6	1	3.26	1.38	1271
	1987	2	34	22	17	16	7	1	3.37	1.40	977
	1988	4	33	23	19	12	7	2	3.31	1.42	1243
11-20											
	1986	3	39	25	15	10	8	1	3.18	1.37	663
	1987	3	38	26	17	9	6	2	3.13	1.34	681
	1988	2	39	27	15	10	7	1	3.17	1.34	933
> 20											
	1986	5	44	21	13	9	6	2	3.02	1.41	145
	1987	9	46	17	12	12	4	.	2.83	1.33	148
	1988	5	44	19	13	11	7	.	3.00	1.36	218
Community											
Land											
	1986	4	37	25	14	12	6	2	3.21	1.42	1680
	1987	3	36	22	17	13	7	1	3.26	1.38	1212
	1988	3	35	24	17	11	7	2	3.28	1.42	1586
Surface											
	1986	4	27	26	19	13	8	3	3.46	1.45	1036
	1987	2	33	22	20	13	7	3	3.39	1.44	493
	1988	5	24	24	19	14	10	3	3.57	1.50	712
Sub											
	1986	2	34	30	19	12	4	.	3.16	1.19	132
	1987	1	19	34	12	26	6	1	3.65	1.30	119
	1988	3	27	25	23	10	12	1	3.50	1.43	106
Air											
	1986	4	31	21	23	10	10	1	3.35	1.42	138
	1987	3	30	22	17	14	12	2	3.51	1.50	142
	1988	1	43	23	13	7	12	0	3.20	1.42	119

PERCEPTIONS OF LIFE QUALITY

16. How much do other people:
b. get on your nerves?

		t						Mean	SD	N
Yr.		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A good deal			
<u>Overall</u>										
	1986	3	32	29	17	11	6	2	3.27	2989
	1987	2	32	28	18	12	7	2	3.34	2110
	1988	3	29	29	18	12	6	2	3.36	3040
<u>Sex</u>										
Male	1986	3	32	29	17	11	6	2	3.28	2661
	1987	2	32	27	18	12	7	2	3.35	1844
	1988	3	29	29	18	12	6	2	3.34	2649
Female	1986	4	34	30	14	13	5	1	3.16	328
	1987	1	31	33	18	8	6	2	3.28	257
	1988	1	29	28	19	14	7	3	3.47	386
<u>Rank</u>										
Officer	1986	4	52	26	12	4	1	1	2.67	345
	1987	4	47	31	11	5	2	0	2.75	309
	1988	4	49	31	10	4	2	.	2.67	488
Enlisted	1986	3	30	29	17	12	7	2	3.34	2642
	1987	2	30	27	19	12	7	2	3.41	1790
	1988	2	27	29	19	14	7	2	3.45	2532
<u>Age</u>										
< 20 yrs	1986	1	31	32	14	11	8	3	3.41	117
	1987	.	19	17	32	14	14	5	4.00	67
	1988	2	13	25	20	24	11	6	4.07	123
20-24	1986	3	23	28	20	14	9	3	3.59	1012
	1987	1	24	26	17	16	10	5	3.75	463
	1988	1	18	27	22	18	10	3	3.81	694
25-29	1986	3	35	30	15	9	6	2	3.17	758
	1987	2	31	29	20	12	6	1	3.31	540
	1988	2	31	32	19	10	5	2	3.24	796
30-34	1986	3	38	29	16	10	3	1	3.06	492
	1987	2	32	33	17	11	5	0	3.19	420
	1988	3	34	29	18	10	5	1	3.16	594
35+	1986	4	42	28	14	9	3	0	2.91	605
	1987	4	43	26	15	7	4	1	2.92	566
	1988	5	41	29	13	8	3	1	2.90	793
<u>Time in Service</u>										
< 3 yrs.	1986	2	26	27	20	12	9	4	3.54	607
	1987	0	22	25	18	14	13	7	3.91	191
	1988	1	19	28	19	19	10	4	3.82	439
3-10	1986	4	31	31	16	11	6	2	3.24	1274
	1987	2	29	29	18	14	7	2	3.41	976
	1988	2	28	29	20	12	7	2	3.41	1244
11-20	1986	2	39	28	17	10	3	1	3.05	659
	1987	3	37	30	17	7	6	1	3.09	679
	1988	3	39	29	15	10	4	1	3.05	933
> 20	1986	7	42	26	14	7	4	1	2.87	147
	1987	7	54	18	10	8	3	.	2.65	147
	1988	11	40	31	14	2	2	.	2.63	217
<u>Community</u>										
Land	1986	4	38	29	14	9	5	2	3.08	1679
	1987	3	33	29	19	9	6	1	3.22	1207
	1988	3	32	29	17	12	5	2	3.25	1587
Surface	1986	3	23	28	20	15	9	3	3.58	1040
	1987	1	27	27	16	17	9	4	3.63	491
	1988	2	20	29	22	14	10	4	3.72	712
Sub	1986	.	35	28	20	12	5	.	3.24	131
	1987	1	25	36	17	15	6	0	3.39	119
	1988	1	18	21	28	19	11	0	3.82	107
Air	1986	2	33	30	20	7	5	3	3.21	139
	1987	1	30	21	27	13	6	1	3.43	143
	1988	2	46	31	12	5	3	1	2.86	119

PERCEPTIONS OF LIFE QUALITY

16. How much do other people:

c. act in an unpleasant or angry manner towards you?

Yr.		%							Mean	SD	N
		1 Not at all	2 Very little	3 Somewhat	4 Fair amount	5 Quite a bit	6 A great deal	7 Almost 100%			
Overall	1986	10	56	16	10	5	2	1	2.56	1.18	2991
	1987	10	55	15	11	5	3	1	2.56	1.21	2096
	1988	9	54	16	12	5	2	1	2.60	1.20	3014
Sex											
Male	1986	9	55	17	11	5	2	1	2.59	1.19	2662
	1987	10	55	14	11	5	3	1	2.59	1.23	1831
	1988	9	54	17	12	5	2	1	2.61	1.19	2628
Female	1986	14	63	10	7	5	1	.	2.30	1.06	329
	1987	12	57	20	8	2	1	0	2.35	.97	256
	1988	11	60	11	12	4	2	2	2.50	1.20	382
Rank											
Officer	1986	13	73	6	5	1	1	1	2.12	.87	346
	1987	13	74	6	2	3	1	0	2.11	.86	309
	1988	13	74	9	3	1	1	.	2.06	.73	485
Enlisted	1986	9	54	17	11	5	2	1	2.61	1.20	2643
	1987	10	53	16	12	5	3	1	2.62	1.23	1776
	1988	9	52	17	13	6	2	1	2.67	1.23	2510
Age											
< 20 yrs	1986	10	49	20	11	5	5	.	2.69	1.25	118
	1987	5	29	19	26	10	8	3	3.43	1.48	64
	1988	6	40	16	19	12	5	2	3.14	1.45	124
20-24	1986	9	48	19	13	7	3	1	2.74	1.28	1010
	1987	8	50	16	14	6	4	1	2.77	1.30	454
	1988	7	44	21	17	6	2	2	2.84	1.26	683
25-29	1986	9	61	13	10	4	3	1	2.49	1.13	758
	1987	10	54	16	10	5	4	1	2.61	1.28	539
	1988	9	59	16	11	3	2	1	2.50	1.12	772
30-34	1986	9	59	16	10	4	1	1	2.50	1.12	491
	1987	10	60	15	10	4	1	0	2.41	1.02	420
	1988	11	57	14	10	4	3	1	2.51	1.18	587
35+	1986	12	63	13	6	3	1	0	2.30	1.00	608
	1987	14	63	12	6	3	1	0	2.26	1.00	564
	1988	12	64	12	6	4	1	0	2.32	1.02	789
Time in Service											
< 3 yrs.	1986	9	49	19	12	6	3	1	2.71	1.28	607
	1987	5	41	18	18	7	9	1	3.12	1.44	184
	1988	6	44	21	18	7	2	2	2.92	1.30	436
3-10	1986	10	57	15	11	5	2	0	2.53	1.15	1273
	1987	9	56	16	11	5	3	1	2.60	1.20	974
	1988	9	55	16	12	5	2	1	2.57	1.17	1232
11-20	1986	9	62	15	8	4	2	1	2.44	1.08	664
	1987	12	62	12	9	3	1	1	2.35	1.05	677
	1988	9	62	14	8	4	2	0	2.43	1.07	925
> 20	1986	13	60	14	9	1	1	1	2.34	1.06	147
	1987	24	58	9	3	5	1	.	2.09	1.02	147
	1988	17	65	11	5	2	1	.	2.13	.87	216
Community											
Land	1986	11	60	13	9	3	2	1	2.40	1.09	1682
	1987	12	57	15	10	4	2	1	2.48	1.16	1204
	1988	11	57	13	11	4	2	1	2.49	1.16	1577
Surface	1986	7	48	19	13	8	3	1	2.79	1.28	1039
	1987	8	52	16	15	5	3	1	2.71	1.24	482
	1988	6	45	22	16	7	2	3	2.91	1.32	703
Sub	1986	2	63	17	12	4	1	1	2.56	1.00	131
	1987	8	56	18	11	6	2	.	2.59	1.12	118
	1988	7	56	13	17	5	3	.	2.65	1.15	107
Air	1986	10	52	18	10	6	4	.	2.62	1.20	139
	1987	11	50	13	13	7	6	1	2.76	1.41	142
	1988	5	67	18	8	1	1	.	2.37	.85	117

PERCEPTIONS OF LIFE QUALITY

16. How much do other people:
d. show that they dislike you?

		1							Mean	SD	N
		1	2	3	4	5	6	7			
		Not at all	Very little	Somewhat	Fair amount	Quite a bit	A great deal	Almost 100%			
<u>Overall</u>	1986	17	60	11	7	3	1	1	2.24	1.06	3001
	1987	20	57	11	7	3	1	1	2.23	1.12	2110
	1988	19	57	12	7	3	2	1	2.28	1.13	3034
<u>Sex</u>											
Male	1986	17	60	11	7	3	1	1	2.26	1.08	2672
	1987	20	56	11	7	3	1	1	2.24	1.13	1843
	1988	19	56	12	8	3	2	1	2.29	1.14	2645
Female	1986	21	63	10	3	3	1	.	2.07	.90	329
	1987	21	61	11	4	2	0	1	2.10	.99	258
	1988	21	59	9	6	2	1	1	2.15	1.06	384
<u>Rank</u>											
Officer	1986	21	71	5	2	1	0	1	1.96	.80	346
	1987	22	70	4	1	2	1	0	1.95	.81	309
	1988	22	70	5	1	1	1	.	1.90	.68	486
Enlisted	1986	17	59	12	7	3	1	1	2.27	1.08	2653
	1987	20	55	12	8	3	1	1	2.26	1.15	1790
	1988	18	55	13	8	3	2	1	2.32	1.17	2528
<u>Age</u>											
< 20 yrs	1986	15	59	13	7	3	2	.	2.29	1.05	118
	1987	6	40	18	17	6	9	3	3.16	1.54	67
	1988	14	51	13	10	8	4	1	2.63	1.35	124
20-24	1986	18	56	11	8	3	2	1	2.33	1.17	1015
	1987	20	55	13	7	2	0	2	2.27	1.17	461
	1988	17	52	16	10	3	2	1	2.39	1.14	693
25-29	1986	17	62	12	6	3	1	1	2.21	.99	760
	1987	23	54	10	7	3	1	1	2.22	1.17	542
	1988	20	59	10	7	2	1	1	2.20	1.09	795
30-34	1986	15	64	9	7	3	2	1	2.27	1.08	495
	1987	19	60	10	6	4	0	0	2.16	.96	421
	1988	20	56	10	7	4	2	1	2.29	1.19	592
35+	1986	19	64	9	4	2	1	0	2.08	.89	607
	1987	23	61	7	6	2	1	0	2.08	.97	565
	1988	21	62	9	4	2	1	1	2.10	.99	790
<u>Time in Service</u>											
< 3 yrs.	1986	17	55	14	8	3	2	1	2.34	1.15	610
	1987	12	51	14	11	4	4	3	2.70	1.46	191
	1988	16	53	17	10	4	1	1	2.39	1.11	438
3-10	1986	18	60	11	6	3	1	0	2.21	1.02	1277
	1987	19	57	13	6	3	1	1	2.22	1.06	977
	1988	20	57	12	6	3	2	1	2.25	1.14	1241
11-20	1986	15	64	11	6	2	1	1	2.22	.99	664
	1987	21	61	8	6	2	1	0	2.12	.98	680
	1988	19	60	9	7	3	2	0	2.22	1.08	931
> 20	1986	21	67	7	3	1	1	1	2.01	.88	147
	1987	32	57	6	4	1	1	.	1.86	.84	146
	1988	26	59	9	3	1	2	.	2.01	.94	218
<u>Community</u>											
Land	1986	19	63	9	5	2	1	0	2.13	.97	1687
	1987	21	58	10	7	2	1	1	2.19	1.10	1212
	1988	22	56	10	7	3	2	1	2.19	1.09	1584
Surface	1986	15	56	14	9	4	2	1	2.41	1.16	1043
	1987	19	56	13	6	3	1	2	2.30	1.17	488
	1988	14	51	17	10	4	2	2	2.51	1.24	709
Sub	1986	11	74	6	7	1	1	1	2.20	.93	122
	1987	17	59	14	6	4	.	.	2.22	.95	118
	1988	12	61	12	12	1	3	.	2.38	1.05	107
Air	1986	19	57	10	6	5	3	1	2.33	1.23	139
	1987	23	49	13	10	2	2	1	2.29	1.20	142
	1988	18	67	8	5	1	1	0	2.10	.92	119

GENERAL CHARACTERISTICS

51. When you are angry with someone, do you let them know about it?

	<u>Yr.</u>	<u>%</u>							<u>Mean</u>	<u>SD</u>	<u>N</u>
		1 Never or almost never true	2 Usually not true	3 Sometimes but infrequently true	4 Occa- sionally true	5 Often true	6 Usually true	7 Always or almost always true			
<u>Overall</u>	1986	2	6	12	20	19	25	17	4.91	1.55	2113
	1987	1	5	12	20	19	27	16	4.94	1.50	3009
	1988										
<u>Sex</u>											
<u>Male</u>	1986	2	5	11	20	19	25	17	4.92	1.54	1847
	1987	1	5	12	20	19	26	16	4.95	1.49	2622
	1988										
<u>Female</u>	1986	2	9	13	16	18	26	18	4.88	1.64	257
	1987	3	5	11	20	16	30	16	4.92	1.58	384
	1988										
<u>Rank</u>											
<u>Officer</u>	1986	1	5	11	20	25	29	9	4.86	1.38	310
	1987	1	5	10	21	21	32	10	4.94	1.36	487
	1988										
<u>Enlisted</u>	1986	2	6	12	20	19	25	18	4.92	1.57	1792
	1987	1	5	12	20	19	26	17	4.94	1.51	2504
	1988										
<u>Age</u>											
<u>< 20 yrs</u>	1986	.	11	17	22	17	18	15	4.59	1.58	67
	1987	2	5	12	25	13	25	17	4.85	1.58	122
	1988										
<u>20-24</u>	1986	2	7	11	16	21	23	20	4.97	1.59	462
	1987	2	6	12	19	17	24	20	4.95	1.59	681
	1988										
<u>25-29</u>	1986	3	4	11	21	17	27	17	4.92	1.56	539
	1987	1	4	11	20	20	29	15	5.00	1.43	792
	1988										
<u>30-34</u>	1986	2	5	13	23	20	23	15	4.81	1.51	419
	1987	3	4	11	23	19	25	14	4.84	1.52	586
	1988										
<u>35+</u>	1986	2	6	10	20	19	27	16	4.96	1.53	571
	1987	0	5	11	19	21	30	13	4.97	1.41	791
	1988										
<u>Time in Service</u>											
<u>< 3 yrs.</u>	1986	2	8	11	21	21	19	17	4.76	1.62	190
	1987	2	7	14	20	17	21	20	4.88	1.61	431
	1988										
<u>3-10</u>	1986	2	6	11	19	20	16	16	4.90	1.55	976
	1987	1	5	11	20	20	28	16	5.00	1.47	1229
	1988										
<u>11-20</u>	1986	1	5	12	22	19	25	16	4.93	1.49	680
	1987	1	5	11	24	18	27	14	4.89	1.46	930
	1988										
<u>> 20</u>	1986	4	5	10	14	18	28	21	5.06	1.63	148
	1987	1	6	11	14	19	35	14	5.05	1.48	216
	1988										
<u>Community</u>											
<u>Land</u>	1986	2	6	12	21	19	24	16	4.83	1.56	1209
	1987	2	5	12	23	19	26	14	4.87	1.49	1574
	1988										
<u>Surface</u>	1986	1	5	9	17	19	27	21	5.13	1.52	490
	1987	1	4	13	16	18	26	22	5.14	1.51	696
	1988										
<u>Sub</u>	1986	1	8	16	13	24	25	10	4.67	1.52	121
	1987	0	10	8	21	18	26	17	4.91	1.55	107
	1988										
<u>Air</u>	1986	1	5	6	26	21	25	15	4.97	1.43	142
	1987	.	6	11	16	26	30	10	4.93	1.37	111
	1988										

GENERAL CHARACTERISTICS

52. When someone annoys you, do you try to ignore it to avoid causing any trouble?

	Yr.	%							Mean	SD	N
		1 Never or almost never true	2 Usually not true	3 Sometimes but infrequently true	4 Occa- sionally true	5 Often true	6 Usually true	7 Always or almost always true			
Overall	1986	4.27	1.65	2103
	1987	6	12	14	22	19	21	7	4.26	1.59	3004
	1988	5	11	15	23	21	18	7			
Sex											
Male	1986	4.26	1.66	1838
	1987	6	12	14	22	18	20	8	4.24	1.58	2616
	1988	5	12	15	24	21	18	6			
Female	1986	4.39	1.54	256
	1987	3	10	16	20	22	23	5	4.41	1.65	385
	1988	6	7	16	20	21	20	10			
Rank											
Officer	1986	4.04	1.42	307
	1987	3	16	11	31	23	14	2	4.06	1.38	488
	1988	3	14	17	26	25	14	2			
Enlisted	1986	4.30	1.67	1785
	1987	6	11	14	21	18	21	8	4.28	1.61	2498
	1988	5	11	14	23	20	19	7			
Age											
< 20 yrs	1986	4.95	1.66	67
	1987	4	6	6	21	18	24	20	4.59	1.67	122
	1988	6	8	12	18	22	24	11			
20-24	1986	4.28	1.68	461
	1987	6	12	15	20	17	22	8	4.37	1.66	678
	1988	5	10	15	22	18	19	10			
25-29	1986	4.33	1.64	535
	1987	5	12	11	22	21	21	7	4.26	1.52	792
	1988	5	10	14	25	24	17	5			
30-34	1986	4.17	1.67	415
	1987	7	12	15	23	16	21	6	4.14	1.54	585
	1988	5	11	17	27	17	18	5			
35+	1986	4.14	1.58	570
	1987	7	13	14	25	19	17	6	4.10	1.58	790
	1988	5	4	14	22	23	17	4			
Time in Service											
< 3 yrs.	1986	4.52	1.72	188
	1987	5	10	12	24	16	18	15	4.53	1.64	432
	1988	3	9	15	20	19	19	13			
3-10	1986	4.33	1.63	972
	1987	5	12	14	20	20	23	7	4.22	1.56	1227
	1988	6	10	14	25	22	17	6			
11-20	1986	4.16	1.64	676
	1987	7	12	15	24	17	20	6	4.22	1.52	926
	1988	4	12	15	24	22	18	5			
> 20	1986	3.98	1.63	148
	1987	6	19	9	29	18	14	6	3.86	1.74	216
	1988	11	17	13	20	17	18	4			
Community											
Land	1986	4.30	1.64	1204
	1987	5	12	13	22	18	21	7	4.24	1.57	1573
	1988	5	11	14	24	21	18	6			
Surface	1986	4.29	1.70	486
	1987	8	10	14	18	22	20	8	4.23	1.71	693
	1988	7	12	15	21	19	17	9			
Sub	1986	4.40	1.61	121
	1987	3	12	18	17	15	22	6	4.26	1.43	106
	1988	3	11	15	23	29	15	4			
Air	1986	4.09	1.57	141
	1987	6	15	9	29	19	18	4	4.35	1.49	119
	1988	4	10	12	25	19	28	1			

GENERAL CHARACTERISTICS

53. When you are really mad, do you try to hold it in so no one knows?

Yr.		%							Mean	SD	N
		1 Never or almost never true	2 Usually not true	3 Sometimes but infrequently true	4 Occa- sionally true	5 Often true	6 Usually true	7 Always or almost always true			
Overall	1986										
	1987	12	21	17	18	13	12	8	3.67	1.80	2105
	1988	11	19	17	21	13	13	6	3.67	1.75	3012
Sex											
Male	1986										
	1987	11	21	17	19	13	12	8	3.68	1.79	1839
	1988	11	20	17	21	13	13	6	3.66	1.73	2623
Female	1986										
	1987	16	19	16	16	15	13	6	3.57	1.83	257
	1988	14	14	16	18	14	17	7	3.81	1.84	386
Rank											
Officer	1986										
	1987	9	27	17	24	16	4	2	3.30	1.46	309
	1988	9	30	16	26	9	9	1	3.27	1.46	487
Enlisted	1986										
	1987	12	20	16	18	13	13	8	3.71	1.83	1785
	1988	12	18	17	20	13	14	7	3.73	1.78	2507
Age											
< 20 yrs	1986										
	1987	9	14	10	12	16	19	20	4.49	1.99	67
	1988	14	15	13	14	11	23	10	4.02	1.98	121
20-24	1986										
	1987	11	18	19	16	14	14	9	3.79	1.84	461
	1988	12	16	17	19	12	14	10	3.85	1.86	684
25-29	1986										
	1987	13	19	16	21	13	11	6	3.61	1.76	537
	1988	13	20	20	20	11	12	4	3.50	1.69	793
30-34	1986										
	1987	11	21	16	18	14	12	8	3.71	1.81	417
	1988	10	20	15	25	14	12	4	3.67	1.64	587
35+	1986										
	1987	12	26	17	20	11	9	5	2.38	1.69	568
	1988	10	24	16	21	14	11	4	3.54	1.67	790
Time in Service											
< 3 yrs.	1986										
	1987	10	20	10	17	17	14	12	3.98	1.90	190
	1988	12	15	18	15	11	17	10	3.90	1.90	432
3-10	1986										
	1987	11	19	18	18	13	13	7	3.70	1.78	973
	1988	13	19	18	22	11	12	5	3.55	1.72	1232
11-20	1986										
	1987	11	22	16	21	12	11	7	3.63	1.76	676
	1988	8	22	16	22	16	11	5	3.67	1.64	930
> 20	1986										
	1987	18	30	15	16	12	6	3	3.07	1.67	148
	1988	18	25	13	16	13	12	3	3.31	1.78	215
Community											
Land	1986										
	1987	11	21	15	19	15	12	7	3.69	1.78	1205
	1988	12	20	17	21	13	12	6	3.63	1.73	1577
Surface	1986										
	1987	13	19	18	16	11	13	10	3.72	1.88	486
	1988	14	18	15	19	11	14	8	3.71	1.86	695
Sub	1986										
	1987	10	26	21	13	12	11	6	3.51	1.70	121
	1988	10	21	14	20	13	18	3	3.73	1.72	107
Air	1986										
	1987	12	15	20	23	14	11	4	3.60	1.65	142
	1988	6	18	21	28	11	13	2	3.68	1.51	119

PERCEPTIONS OF SELF AND WORK

4. How much stress do you feel in your job?

	<u>Yr.</u>	<u>%</u>					<u>Mean</u>	<u>SD</u>	<u>N</u>
		1 None at all	2 Very little	3 Some	4 Quite a bit	5 A great deal			
<u>Overall</u>	1986	2	11	34	35	18	3.55	.97	3019
	1987	4	13	34	31	18	3.47	1.04	2148
	1988	3	11	37	33	16	3.49	.98	3054
<u>Sex</u>									
Male	1986	2	11	34	36	17	3.56	.97	2688
	1987	4	13	34	32	17	3.46	1.04	1879
	1988	2	12	37	33	17	3.50	.98	2661
Female	1986	2	13	37	28	20	3.51	1.01	331
	1987	3	11	37	25	23	3.54	1.07	260
	1988	5	10	36	34	15	3.43	1.02	388
<u>Rank</u>									
Officer	1986	1	6	34	37	21	3.71	.91	348
	1987	1	8	35	37	18	3.62	.92	311
	1988	1	11	38	36	14	3.52	.90	490
Enlisted	1986	2	11	34	35	17	3.53	.98	2669
	1987	4	13	34	30	18	3.45	1.06	1826
	1988	3	11	37	32	17	3.49	.99	2544
<u>Age</u>									
< 20 yrs.	1986	3	16	43	28	10	3.26	.94	119
	1987	8	17	46	21	8	3.03	1.01	66
	1988	2	15	39	25	20	3.46	1.03	123
20-24	1986	2	11	33	34	19	3.55	1.00	1017
	1987	4	13	33	30	20	3.49	1.07	475
	1988	5	10	37	31	17	3.47	1.04	694
25-29	1986	2	11	36	35	16	3.52	.96	767
	1987	4	14	32	30	19	3.46	1.09	546
	1988	2	12	37	35	13	3.46	.93	799
30-34	1986	1	9	34	37	19	3.63	.93	499
	1987	1	12	34	32	20	3.58	.98	427
	1988	2	11	37	32	18	3.53	.98	601
35+	1986	3	9	33	37	19	3.59	.98	611
	1987	4	11	36	33	16	3.45	1.02	578
	1988	2	12	36	34	16	3.50	.96	797
<u>Time in Service</u>									
< 3 yrs.	1986	3	11	36	33	16	3.47	1.00	608
	1987	6	15	38	28	13	3.29	1.05	194
	1988	4	12	38	30	17	3.44	1.02	439
3-10	1986	1	12	34	35	18	3.56	.96	1288
	1987	3	13	33	31	20	3.50	1.05	991
	1988	3	12	37	33	15	3.46	.97	1249
11-20	1986	2	8	32	38	20	3.65	.96	668
	1987	3	11	35	35	17	3.51	.99	691
	1988	2	10	34	36	18	3.58	.96	940
> 20	1986	2	12	32	40	14	3.50	.95	148
	1987	6	15	36	26	18	3.36	1.11	151
	1988	3	14	42	25	15	3.35	1.01	218
<u>Community</u>									
Land	1986	2	12	39	33	14	3.45	.96	1696
	1987	4	16	38	28	15	3.34	1.04	1226
	1988	3	13	40	31	13	3.37	.97	1595
Surface	1986	2	10	29	38	21	3.67	.98	1052
	1987	5	9	29	35	22	3.62	1.06	503
	1988	3	10	30	34	23	3.65	1.03	719
Sub	1986	.	2	18	41	39	4.17	.79	132
	1987	0	6	28	33	32	3.90	.94	123
	1988	.	4	30	41	25	3.87	.84	107
Air	1986	4	14	42	33	8	3.28	.92	139
	1987	1	8	30	40	21	3.72	.91	146
	1988	.	5	34	44	17	3.73	.79	119

PERCEPTIONS OF SELF AND WORK

5. Relative to others in the Navy, do you feel that your job is more or less stressful?

	Yr.	%					Mean	SD	N
		1 Very much less	2 Somewhat less	3 About the same	4 Somewhat more	5 A great deal more			
<u>Overall</u>	1986	3	10	33	37	18	3.57	.98	3008
	1987	5	11	31	34	19	3.52	1.07	2149
	1988	4	11	33	35	18	3.52	1.02	3058
<u>Sex</u>									
Male	1986	2	10	32	37	19	3.60	.98	2678
	1987	4	11	31	34	20	3.54	1.06	1879
	1988	3	10	33	35	18	3.54	1.01	2666
Female	1986	4	13	36	34	12	3.37	1.00	330
	1987	5	17	31	31	16	3.35	1.10	261
	1988	6	16	34	33	12	3.30	1.05	387
<u>Rank</u>									
Officer	1986	3	12	29	37	18	3.56	1.01	348
	1987	4	10	30	37	18	3.55	1.04	311
	1988	4	11	27	37	20	3.58	1.06	491
Enlisted	1986	3	10	33	36	18	3.57	.98	2658
	1987	5	12	31	33	20	3.51	1.07	1827
	1988	4	11	34	35	17	3.51	1.01	2547
<u>Age</u>									
< 20 yrs.	1986	3	10	36	39	12	3.48	.94	116
	1987	8	15	50	20	6	3.01	.97	66
	1988	3	12	31	39	16	3.55	.98	125
20-24	1986	3	.	35	34	17	3.53	.98	1011
	1987	6	17	31	31	20	3.47	1.12	474
	1988	6	12	31	34	17	3.46	1.09	694
25-29	1986	3	10	33	35	18	3.56	1.01	767
	1987	7	14	27	36	20	3.56	1.06	547
	1988	2	12	35	35	15	3.48	.98	799
30-34	1986	4	9	31	38	20	3.67	.97	499
	1987	5	10	28	35	21	3.58	1.07	428
	1988	3	9	35	33	20	3.59	.99	601
35+	1986	3	9	29	41	18	3.61	.98	609
	1987	4	9	36	33	19	3.56	1.01	578
	1988	3	10	34	36	18	3.55	.99	799
<u>Time in Service</u>									
< 3 yrs.	1986	3	12	.	34	14	3.45	.96	602
	1987	5	13	19	31	13	3.33	1.01	194
	1988	5	12	12	37	14	3.43	1.03	440
3-10	1986	3	10	34	35	19	3.58	.99	1286
	1987	4	12	30	34	20	3.52	1.08	992
	1988	3	12	33	34	17	3.49	1.02	1249
11-20	1986	2	9	28	42	19	3.67	.96	667
	1987	4	9	30	36	20	3.59	1.04	691
	1988	3	8	33	36	20	3.64	.98	941
> 20	1986	4	9	27	43	18	3.62	1.00	148
	1987	5	9	36	27	23	3.54	1.09	151
	1988	4	15	32	33	16	3.42	1.06	219
<u>Community</u>									
Land	1986	3	13	34	35	15	3.45	1.00	1689
	1987	6	14	33	31	16	3.38	1.09	1228
	1988	4	13	36	34	13	3.40	1.01	1596
Surface	1986	1	7	31	39	21	3.72	.92	1047
	1987	3	9	27	36	25	3.71	1.03	502
	1988	4	9	30	35	23	3.64	1.04	720
Sub	1986	1	.	20	40	40	4.18	.80	133
	1987	1	8	19	40	33	3.95	.96	123
	1988	1	5	21	40	33	3.98	.93	107
Air	1986	6	10	40	35	9	3.31	.98	139
	1987	4	8	32	38	19	3.60	1.01	146
	1988	2	12	36	35	16	3.51	.96	119

SUMMARY

SUMMARY

The findings presented in this report can be summarized from two primary perspectives: cross-sectional findings and longitudinal changes. Cross-sectional findings include overall results and group differences assessed from data aggregated over time (e.g. officer versus enlisted comparisons on variables averaged across study years). Assessment of longitudinal trends was based on changes during 1986 to 1988 which were observed in the cohort of individuals who had participated during all three years of the study.

Cross-Sectional Findings

Men averaged about 16% body fat and women just under 24% body fat. Using current Navy standards, approximately 6% would be classified as "overfat" and another 4% would be classified as obese. Thus, about 10% of Navy personnel exceeded desirable percent body fat. This figure indicates that Navy members on the whole are leaner than similarly-aged, noninstitutionalized U. S. civilians, of which about 14% of those 18-29 years of age and about 25% of those 30-44 years of age exceed desirable body weight (data from the National Health Survey conducted during 1985).

Considering the actual performance scores on the PRT, the same pattern of group effects was found for the 1.5-mile run, sit-ups, and push-ups: men performed somewhat better than women, officers better than enlisted personnel, and younger people better than older people. Nearly 1/3 of the respondents felt that they were currently overweight: women and older individuals were more likely than men and younger people to feel this way. On the average, Navy members reported expending about 2,600 kilocalories per week in exercise activities, primarily walking, running, calisthenics, and weight lifting. Men, enlisted personnel, and younger individuals expended more kilocalories per week exercising than did their counterparts.

About 60% of Navy personnel reported drinking alcohol during the previous week; men in the 20-24-year age group reported drinking the most. About 15-17% of Navy personnel said they used smokeless tobacco, and 18-19% said they smoked cigars or a pipe during the last 12 months. In 1988, the percentage of personnel who said they had smoked one or more cigarettes during the last 30 days was 44%; this percentage was lower (39%) when people were asked if they "smoke cigarettes now". Over 80% of participants reported that at least one or more persons in their work environment smoked.

In general, women, officers, and older individuals were more likely than their counterparts to engage in positive health behaviors. Officers and women also tended to have better eating habits than enlisted personnel and men. The physical symptom complaints experienced most commonly by Navy personnel included general tiredness, headaches, and backaches. About 12% of all personnel reported that a doctor had at some time told them that they had high blood pressure. There was substantial interest in participating in high blood pressure screening (about 40%), cholesterol/blood fats testing (about 46%), gym and fitness center activities (about 40%), and stress management counseling (about 36%).

Overall, people felt that top levels of the command were supportive of the HAPR Program, though the support was not perceived as strong. Also, people generally did not perceive that physical fitness and weight standards were applied equally across all ranks. Officers and women perceived somewhat less time and opportunity to exercise than did enlisted personnel and men. Regarding health and fitness values, officers consistently gave higher value ratings than did enlisted personnel to all health and fitness items. Ratings of life quality were generally positive, with the highest ratings given for one's life as a whole, one's spouse/partner, and one's self; the lowest ratings, though still favorable, were given for life being "what you wanted it to be," one's job, and one's coworkers. Individuals who had been in the Navy longer reported higher life quality on all items compared to those who had been in the Navy fewer years. Officers and women tended to perceive more social support than did enlisted personnel and men.

Longitudinal Changes

Considering the cohort of individuals who participated in the study all three years, there were several relatively small but statistically significant trends in the direction of improvements in physical fitness and more healthful lifestyles from 1986 to 1988. Although there were no changes in body composition (i.e., percent body fat) or aerobic conditioning (as indicated by 1.5-mile run performance), there was a slight improvement in muscular endurance (as indicated by sit-up and push-up test performances). Total kilocalories expended in exercise activities also increased somewhat.

Self-reported substance consumption showed small but significant changes in the direction of healthier behavior. Caffeinated coffee and cola consumption, alcohol consumption, and the percentage of smokers decreased slightly from 1986 to 1988.

Several other health-related behaviors also showed small but statistically significant changes over this time frame (e.g., seeing a doctor for regular checkups, watching weight, limiting intake of certain types of foods, wearing a seat belt, and discussing health with others). Small improvements in self-reported dietary behavior was also observed, with increased consumption of lower-fat and higher-fiber foods, and decreased consumption of saturated fats and fried foods.

Changes in health-related attitudes/feelings indicated mixed trends. There were several slight decreases in ratings of perceived importance of physical fitness and exercise, social support, and quality of life as a whole. However, there were several increases in the percentages of individuals who indicated a desire for participation in health promotion programs (i.e., desired blood pressure screening, cholesterol testing, smoking cessation programs, and command-organized sports).

Taken as a whole, 3-year trends in the data from the longitudinal cohort indicated a great deal of stability in physical readiness and lifestyle attitudes and behaviors. However, there were a fair number of small but statistically significant changes in both physical readiness and lifestyle variables; the vast majority of these changes were in the direction of improvements in fitness and health-related behaviors. Data to be collected in the fourth and fifth years of this longitudinal study will be important for determining whether these trends in the direction of improved fitness and health behavior continue.

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